

## Patient information - Pregnancy termination

You have an appointment at the Gynaecological Outpatient's Clinic because you have requested a pregnancy termination (abortion). The nurse who has examined you will have offered you counselling and contraceptive advice.

The appointment you have been given is for a preliminary examination. An ultrasound examination will be carried out to determine how far along the pregnancy is, and a bacterial sample may be taken from your cervix. You will also be asked some questions which are mostly for a national register of anonymous statistics.

The termination usually takes place at home using medication if you are less than 9 weeks pregnant, a so-called pharmacological/medical abortion at home. You can also choose to take the medication at the hospital. If the pregnancy is further along than 9 weeks, the termination will take place in hospital.

According to Norwegian law, women can themselves decide whether they want a termination up until they are 12 weeks pregnant. If the pregnancy is more advanced, then a request /application for a termination must be processed by an abortion committee.

### **Medical abortion:**

- For a medical abortion you will first receive a pill to halt the progress of the pregnancy. Most women don't notice any side effects of this pill, however some become nauseous, experience bleeding and pain.
- 2 to 3 days later you will take a medication that causes contractions of the womb. For most women this feels like strong menstrual/period pains and you may, therefore, need strong pain relief medication. Most will abort in the course of one day.
- After the termination you will experience bleeding that may be heavier than a normal period, and which may last for up to 4 weeks.
- As long as you are bleeding you must use pads, not tampons. You should avoid intercourse and bathing as long as you are bleeding.
- You can start taking the contraceptive pill the day after the abortion.

**Welcome to the women`s Clinic**  
Stavanger university Hospital