

Abortion

Information, resources, and access in Northern Ontario

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- Confirmed positive pregnancy test.
- First day of last menstrual period (LMP)

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Ultrasound may be necessary if:

- LMP is uncertain
- LMP was more than 70 days ago
- Ectopic pregnancy is suspected
- Risk factors for ectopic pregnancy

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Which method is best for me?

	Medication abortion	Procedural abortion
Location:	Home	Hospital
Consciousness:	Aware	Under anesthesia/sedation
Duration of bleeding:	Heavier & longer Vaginal bleeding is heaviest on day 1 and 2 and decreases over 2 weeks	Lighter & shorter Bleeding or spotting may occur for 2 to 3 weeks after the abortion or may not bleed at all
Effectiveness:	98%	>99%
Expectations:	Painful uterine cramping, heavy vaginal bleeding, passage of tissue +/- nausea, diarrhea, headache	Cramping occurs on and off for 2 to 3 weeks after the abortion.

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Accessing abortion

Virtual medical abortion clinic: [Wawa Family Health Team:](https://wawafamilyhealthteam.com/patient/medeohealth.com/booking/wawa-family-health-team)
[patient.medeohealth.com/booking/wawa-family-health-team](https://wawafamilyhealthteam.com/patient/medeohealth.com/booking/wawa-family-health-team)



Locate a provider: [ChoiceConnect](https://choiceconnect.ca/)
<https://choiceconnect.ca/>



For information about abortion call:

Algoma Public Health: 1-705-942-4646 or Toll-free 1-866-892-0172

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Support

[ActionCanadaSHR.org](https://actioncanada.shr.org) or 1-888-642-2725

[All Options](https://www.alloptions.ca) or 1-888-493-0092



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Medication abortion

Day 1: Take anti-progesterone tablet (Mifepristone 200 mg) orally

Day 2: Take prostaglandin tablet (Misoprostol 800 mcg) buccally (2 tablets in each cheek pouch for 30 minutes, then swallow)

Procedural abortion

Dilation: Provider will insert a "dilator" wand into your cervix to gently stretch open your cervical opening.

Curettage: Provider will insert a "curette" tube into your cervical opening and gently suction to empty the contents of your uterus.

Seek medical attention if you develop a fever $\geq 38^{\circ}\text{C}$ for more than 3 hours, soak through 1 pad/hour after initial 6 hours, or experience uncontrolled pain.

