

Abortion

Information, resources, and access in Northern Ontario

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

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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	Lighter & shorter
Effectiveness:	98%	>99%

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Accessing abortion



Virtual medical abortion clinic: [CircleOfCareHealthConnections.com](https://www.circleofcarehealthconnections.com)

Wawa Family Health Team: 1-705-856-1313

For information about abortion call:

Algoma Public Health: 1-705-541-7100 or Toll-free 1-800-726-0398



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Support

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

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



Algoma
PUBLIC HEALTH
Santé publique Algoma

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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)

Expectations: Painful uterine cramping, heavy vaginal bleeding, passage of tissue +/- nausea, diarrhea, headache

- Vaginal bleeding is heaviest on day 1 and 2, and decreases over 2 weeks

Seek medical attention if you develop a fever ≥ 38 °C for more than 3 hours, soak through 1 pad/hour after initial 6 hours, or experience uncontrolled pain.



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.