

Medical abortion



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

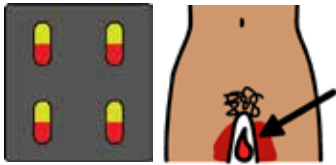


- find more information.



About this book

This book is written by
Family Planning Tasmania.



This book is about the **abortion** of a
pregnancy with **medication**.

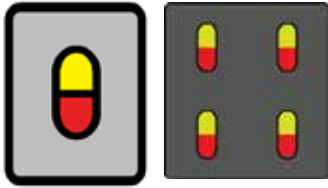
Abortion is how you end a pregnancy.



Medication is a tablet or liquid used to help
your body.

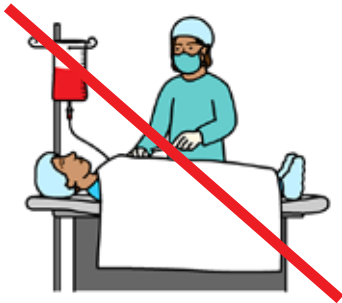
The abortion medication is tablets. We will talk
about the first and second tablets in
this book.

Medication abortion



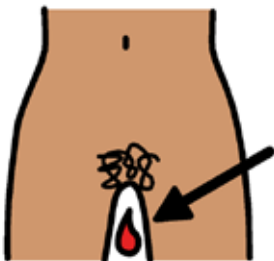
A medication abortion is when you take 2 lots of tablets to end a pregnancy. The tablets will cause a **miscarriage**.

A miscarriage is when your pregnancy has been stopped.



You do **not** need an operation.

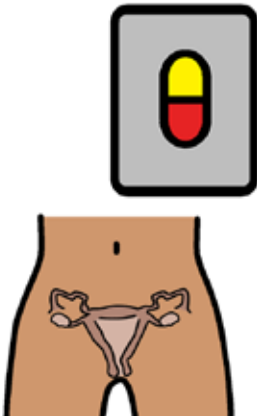
You can choose to have a medication abortion if your last **period** was less than 9 weeks ago.



A period is when you bleed from your vagina every month. Most women have some pain with their period.

You can still have children after a medication abortion.

How the abortion tablets work



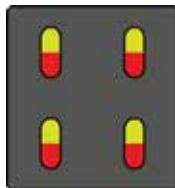
The first abortion tablet

- breaks down the lining of your **uterus**
- and
- ends a pregnancy.

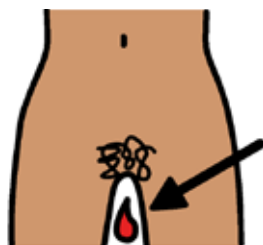
Your uterus is the part of your body where a **fetus** grows.

A fetus grows in your body when you are pregnant.

The second abortion tablets



- are taken at home 24 to 48 hours after the first tablet
- make the muscles of the uterus tighten.

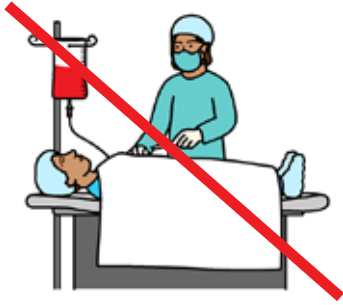


You will

- bleed from your vagina
- have bad pain that is like period pain.

This is called a miscarriage.

What is good about a medication abortion?



You do **not** need an operation.

A medication abortion can be done soon after you find out you are pregnant.

What is bad about a medication abortion?



You do **not** know exactly when your miscarriage will happen.



You might get **side effects** from the tablets.

A side effect is something that can happen when you take tablets.

For example, you might feel sick.

Bleeding can be heavy and last for 4 weeks.



The abortion medication might **not** work and you might need to have an abortion operation in hospital to stop being pregnant.

You can still have children after an abortion operation.

There can be serious risks with medication abortion.

For example

- very heavy bleeding
 - you might need to get more blood

- a bad infection.

Who can have a medication abortion?

Most women can have a medication abortion.



You can have a medication abortion if you

- are sure you want to stop being pregnant
- do **not** have a pregnancy outside your uterus
- had your last period **less** than 9 weeks ago
- can stay close to a hospital after taking the tablets
- have a support person who can stay with you until you have a miscarriage
- can go to the clinic for 3 appointments.



You can **not** have the medication abortion if you



- have ever had an operation on your uterus
- are on long term steroid medicine

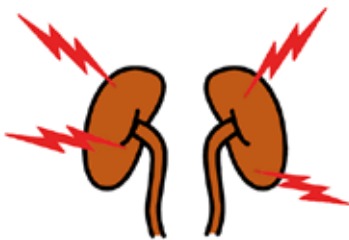


- have severe asthma or breathing problems
- take blood thinning tablets.

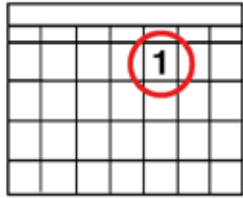
You might **not** be able to have a medication abortion if you have a medical condition like



- heart disease
- high blood pressure
- diabetes



- liver or kidney problems.



What happens at your appointments?

You will have 3 appointments.

The first appointment will take 1.5 hours.
You can eat and drink before and after the first appointment.

You will be able to drive home after your appointment.



1 hour before your first appointment

Do **not** go to the toilet to do wee.



At your first appointment

You will talk to a doctor and a nurse.

They will

- talk to you about **contraception**.
 - Contraception is the use of a device or medicine to stop you getting pregnant.
- test for vagina infections.

They will also

- find out your blood type.
- talk to you about an abortion.
- make sure you want an abortion.
- make sure it is safe for you to have an abortion.
- arrange an **ultrasound** with another medical professional.
 - An ultrasound is a scan showing what is inside your uterus.
 - This is to find out how long you have been pregnant. It will **not** hurt.

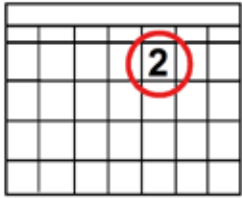


What to bring to your first appointment



- Medicare card
- blood group card if you have one
- health care or pension card if you have one.





What happens at your second appointment?

Your second appointment will take 1 hour.

You will talk to a doctor and a nurse.

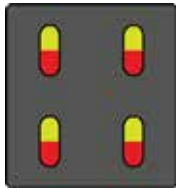
Abortion tablets



The doctor will give you the first abortion tablet to take at home.

You will need to take the first tablet at home.

The doctor will tell you when to take the first tablet.



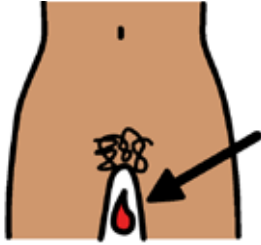
The doctor will give you the second abortion tablets to take at home.

You will need to take second tablets at home.

The doctor will tell you when to take the second tablets.

You will be able to drive home after your appointment.

After the first tablet



- You might **not** notice anything or
- you might have some bleeding from your vagina and period pain.

Sometimes the miscarriage happens before taking the second tablets.

After the second tablets



You might have

- nausea
- vomiting
- diarrhea
- cramps in your stomach
- dizziness
- headaches
- fever.





Usually 4 to 5 hours after you take the second tablets you will have

- heavy bleeding from your vagina



- bad period pain.

This is the miscarriage.

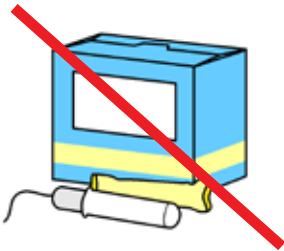
What you can do



You might have heavy bleeding from your vagina.



You need to use pads for the heavy bleeding.



Do **not** use tampons - you can get an infection.

For pain, you can

- take pain tablets
- rest
- wear loose clothes
- put a heat pack where the pain is.

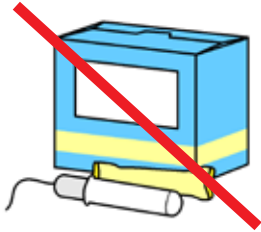
Things you need to know



You must **not** drink alcohol until the miscarriage is finished.

For 7 days you must **not**

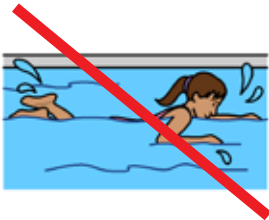
- use medicine with aspirin in it



- use tampons



- have sex



- swim



- have a bath
 - but you can have a shower



- do any sports.

Follow up

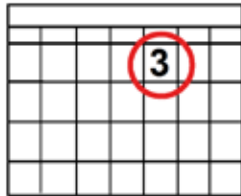


A nurse will call you 2 to 4 days after you have taken the first abortion tablet.



You will have a blood test 10 days after you take the first abortion tablet.

You will have an appointment at the clinic 2 weeks after you take the tablets.



What happens at your third appointment?

At the third appointment the nurse will

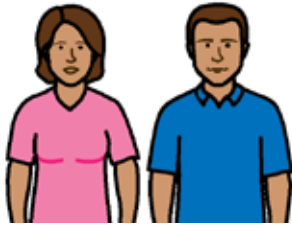
- make sure you do **not** have an infection
- make sure the abortion worked
- talk to you about contraception.



Feelings

You might feel good about your choice to have a medication abortion.

You might feel worried or sad about the medication abortion.



You might need support.



Tell your Family Planning Tasmania doctor or nurse how you feel.



You can talk to a friend or family member.



Breastfeeding

If you are breastfeeding, get more information from your Family Planning Tasmania doctor or nurse.

Payment



You will have to pay for a medication abortion.

We will tell you how much it will cost.



If you have a concession card we can help you get financial support.



More information

For more information contact
Family Planning Tasmania



Call Monday to Friday between 9am - 5pm

Hobart 03 6273 9117

Launceston 03 6343 4566

Burnie 03 6431 7692



Website www.fpt.asn.au



Email info@fpt.asn.au



If you need help to speak or listen

Contact Family Planning Tasmania through the National Relay Service or NRS.

Call the NRS help desk

1800 555 660

Go to the NRS website

communications.gov.au/accesshub/nrs

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