

BEFORE THE ABORTION

The surgical operation is ambulant (out-patient) and will be most safely and carefully performed with the most through **suction method**. You will have an infusion hosepipe inserted and remaining during the operation. Medicaments can be administered immediately if and when needed. After disinfection we open the vagina and inject a local anaesthetic around the entrance of the uterus. The mouth of the uterus is then carefully opened with small sticks of growing size from 5 to 9 mm diameter (after 10 weeks a bit broader). With a small tube the mucus tissue is sucked out and the embryo is removed.

Premedication: We give you Mifegyn® (Mifepristone 200 mg) 1 or 2 days before the operation or 2 Cytotec® (Misoprostole 400 µg) minimally two hours before the start of the intervention. Please insert both tablets deeply into your vagina.

You should not eat any meals, 4 hours before the surgical operation. The operation will be performed with local anesthesia.

An affectionate **companion** is often a help. During the intervention she or he has to wait outside the operation room. After the operation, you must lie down for an hour at our clinic. We have to inject only a few, necessary medications. However, the **driving ability** after the operation can be impaired. Please do not come as the driver of your own vehicle!

We talk over risks, procedure and alternatives. You sign this informed consent sheet. For legal reasons, we need your formal request for an abortion and you have to declare to be in a state of distress and we will hand out a list of charge free advice bureaus. Take your time for your own personal decision. Do not let yourself be annoyed or be influenced by people who will not help you and who can not take your responsibility. You can talk with us any time.

Please bring, if available, your **Blood-group Card** with you. In case you have a Rhesus-negative blood-group, or that we do not have your Blood-group card with us, we shall inject the Rhesus-antibody for precautionary measures. Rhesus-antibody injection costs CHF 120.- additionally.

Abortion, according to the federal insurance-court, is a performance of duty of **medical insurance**. We need a membership card of insurance. Otherwise we have to request payment of CHF 800.- on account. You will receive a bill after the treatment is completed. The biggest part of the whole amount will be reimbursed by the medical insurance; you should just send in a reimbursement voucher of our invoice.

The medical profession **secrecy** obliges us to be totally discrete. Of course, without your explicit wish, we do not give any further information, not even to the nearest relatives.

If in the meantime, you decide to carry on with the pregnancy, please inform us. You will need our medical report about our findings (ultrasound etc.).

IMPORTANT AFTER THE ABORTION

You had a legal ambulant abortion of a pregnancy. A medical control is necessary 3 to 10 days after the intervention. If we inserted an IUD (Mirena®) a second control is necessary about six weeks after the intervention. If you want to have a hormonal birth control with a pill, you should start to take the first daily pill the next three days after the intervention.

Do not let in anything into your vagina the first three weeks after the intervention. The entrance of the uterus may still be open and it could cause an infection:

- Do not use Tampons, only sanitary towels are allowed.
- Do not take a full bath. No vaginal douche and no swimming, only outside washing or shower are allowed.
- Make love only without penetration. Perhaps you need time to feel a bodily desire for love.



Cramps are inevitable when the muscular layers of the uterus are contracting and closing. This pain usually lasts only for a short time and sometimes a few hours after the intervention.

There's no doubt about **your fertility**. Your fertility is not impaired through an abortion.

Normally **bleeding** can last for two days to two weeks after the intervention. It is possible that bleeding increases after two days. After five days bleeding should diminish. Sometimes blood can clot and close the outlet of the uterus. This can cause **cramps**. It is not a complication or reason for fears. Warmth and perhaps additionally Mefenamin and Buscopan will calm the pain. The next menstrual period bleeding will start four to six weeks after the intervention. A slight **rise of temperature** is not unusual.

If there is a **flow of milk**, apply a thick layer of Campher cream on your breasts (but not the nipples) and tie them with towels or a tight bra. Do not try to press out the milk by massage, because it stimulates the flow of the milk.

Complication of the intervention are very rare and never life-threatening and not to be expected. Call if:

- bleeding is ongoing more than two weeks or increasing after five days instead of diminishing. A threatening bleeding is only possible within the first hour.
- there are severe cramps. If you are hardly able to move, it could be a sign of a pelvic infection. Infections are very rare after an abortion.
- there is very high temperature and shivering. Infections are very rare after an abortion.
- the first bleeding is much stronger than usual or if the first bleeding is delayed more than six weeks.

Further medication:

- **Mephadolor®** relief pain in your belly. A rubber bottle full of warm water will often do.
- **Antibiotics:** As a precaution you receive Flagyl® 1 g rectally and Azithromycin® (4 Tbs. of 250mg).
- **Oral contraceptives** should be started at the first three days after the abortion.

It's usually quite possible to work just a day after the abortion. If you wish a **certificate of inability** to work for 2-3 days, please do not hesitate to ask us.

We recommend an annual gynecological examination with a **smear-test** (Papanicolou). You have been informed about your options of **birth control**. For safe protection against sexually transmittable diseases we recommend to use preservatives (rubbers). In the case of **bad luck** and again an undesired pregnancy do not hesitate to call. Do not be ashamed.

Phone 0041 44 266 58 03

Name: _____ Surname: _____ Dat: _____

Street: _____ Zip & City: _____

I am undesired pregnant and in a state of distress. Therefore I request for an abortion according to the Swiss law. My doctor informed and advised me extensively and personally about an abortion. We talked over risks, procedure and alternatives. I received a copy of this informed sheet and the 'Leitfaden der Gesundheitsdirektion des Kantons Zürich' which contains a list of charge free advisory boards. I agree with the scientific use of my anonymised data. Foreign courts would be excluded.

Date: _____ Signature: _____