
**MEDICAL TERMINATION OF
PREGNANCY
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Termination of a pregnancy (abortion) is a very safe out-patient treatment. We use two different methods: With the careful and most thorough suction method the surgical operation can safely be performed after the seventh week and usually before the end of the twelfth week of pregnancy; exceptions up to 14 weeks are possible in our practice.

The Medical Termination of Pregnancy is regularly allowed in Switzerland until the 49th day of the pregnancy, which is 7 weeks after the first day of the last menstrual bleeding. We use a combination of two medicaments:

- Mifegyne® (Mifepriston or RU486) blocks the pregnancy maintaining hormonal effect of the gestagens produced by the pregnant body. Mifegyne® prepares the uterus for abortion.
- Cytotec® (Misoprostol) is a prostaglandin analogue which stimulates the contraction of the uterus and the expulsion of the fetus and the mucous tissue and blood.

Before start: Additional to an ordinary gynecological examination we look through a vaginal ultrasound to measure the fetal size and determine the location of the fetus and the duration of the pregnancy. Blood and urine samples are investigated e.g. to exclude inflammations and anemia and to confirm an actual pregnancy. 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. We will hand out a list of charge free counselling offices. Take your time for your own and personal decision.

If and as soon as your decision is clear, the procedure can begin. Now you take the Mifegyne®. This must be done in our office. Mifegyne® rarely causes any adverse effects. Sometimes bleeding or even expulsion begins already before the second medication.

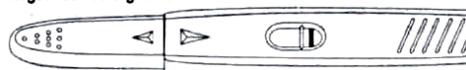
Two days later you take Cytotec®. Please insert both tablets deeply into your vagina, regardless of any previous bleeding. Most women start to bleed within the next three hours. Sometimes you recognize remains of a small sponge like gestational sac (Chorion). After three hours, if bleeding is less than a menstruation, you need an additional two tabs Cytotec®.



Cytotec® may cause unpleasant cramps, heavy bleeding, shivering, nausea, vomiting and diarrhea. Headache, dizziness and allergic rash are rare. We will handout additional medication. Take the painkiller Mephadolor® at the same time you insert Cytotec®. Perhaps you need more Mephadolor® (max 4 / day) or even the very strong painkiller Tramal®. Against nausea you may use Motilium®.

As a precaution you receive Flagyl® (2 suppositories) rectally and Azithromycin® (4 tabs of 250mg). Please only take the medication we gave or explicitly admitted to use. Your driving ability may be impaired.

One Stop MToP: Medical termination of pregnancy often requires only one visit of the physician. Two weeks after ingestion of Cytotec® dropping levels of the pregnancy hormone β -HCG prove the termination of the pregnancy. We give you a special urinalysis kit (CheckToP®) to test yourself at home. CheckToP® reacts less sensitive than the usual pregnancy tests, which could react positive up to six weeks after an abortion. Please call after two weeks and tell us the result of CheckToP®. Most often no further visit for control and no ultrasound are needed.

Negatives Testergebnis:

However a control investigation including vaginal ultrasound is needed in case of:

- Urinalysis by CheckToP® reacts positive after 2 weeks or more
- Bleeding after Cytotec® was sparse or absent
- Ongoing tenderness of your breasts
- Ongoing morning sickness
- No period after more than 5 weeks

Positives Testergebnis:

These signs could indicate an insufficient expulsion, persistence of pregnancy or persistence of tissue of the pregnancy. Other reasons for an urgent medical control are fever with high temperature above 38.5°C, extreme bleeding and ongoing cramps. Please call if you feel unsure.

Severe complications are extremely rare and not to be expected. In less than 2% of the cases remaining products of the pregnancy must be removed by the surgical suction method. Rarely the pregnancy

continues although the medicaments have been taken regularly. In this case the fetus could be damaged by the medication and therefore we strongly recommend the surgical termination of the pregnancy.

If the gestational sac is not or not yet visible at the first visit, the blood level of the pregnancy hormone β -HCG must be monitored tightly to exclude special risks.

There is no doubt of your fertility for you are pregnant. Your fertility is not impaired through an abortion. For contraception most often we recommend an intrauterine system. Mirena® is the safest means for contraception. It could be inserted during the first week after the medical termination of pregnancy or with the onset of the next menstrual bleeding. A Mirena® is effective during 5 years. If you want to have a hormonal birth control with a pill, you should start no later than three days after Cytotec®.

Do not let in anything into your vagina the first three weeks after the treatment. 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; outside washing or shower are allowed.
- Make love only without penetration. Perhaps you need time to feel a bodily desire for love.

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 700.-- 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 and the insurance to be totally discreet. Of course, without your explicit wish, we do not give any information further, not even to the nearest relatives.

Do not hesitate to ask for a certificate for your employer. In most cases you will be able to go to work the next day after Cytotec®.

We recommend a regular 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 condoms.

In case of bad luck and undesired being pregnant again, do not hesitate to call. Do not be ashamed. We estimate that you trust in us.

Phone 0041 44 266 58 03: you may reach us nearly all the time.

Name: _____ Surname: _____ Dat: _____

Street: _____ Zip & City: _____

I am undesired pregnant and in a state of distress. Therefore I request for termination of pregnancy according to the law. My physician informed and advised me extensively and personally and answered my questions. We talked over risks, procedure and alternatives. I received a copy of this informed sheet and the official list of charge free counselling offices. After two weeks I will use CheckToP® to check my urine and call to inform my physician about the result. Foreign courts would be excluded.

Date: _____ Signature: _____

I don't agree with the scientific use of my anonymized data
(For minors only:) I do not allow informing my parents

Date: _____ Signature: _____