

**Women's Clinic:** (129 Cleeland St, Dandenong.)

**Operating at :**

*Western Day Surgery, 145 Furlong Rd, St. Alban's.*

*and*

*Wyndham Clinic, 242A Hoppers Lane , Werribee*

## **Information on Abortion**

*P.O Box 686*

*Beaconsfield 3807*

*Ph: 03 9769 4134*

*Fax: 03 9769 4447*

*womensclinic.com.au*

This brochure aims to provide you with general information relevant to surgical abortion. It is important to discuss any specific questions or concerns with the Doctor. The information on this form is from our own staff and clinic and is not necessary applicable to any other.

### **What questions should I ask when choosing a clinic/hospital?**

- What is the skill and experience of the operating doctor?
- What kind of facility is it?
- Is it an Accredited Practice?
- What are the infection control practices?
- What standard of care and emotional support is offered both with the procedure and in the following weeks?

Our services provide: high skill and experience with our operating doctor., main stream day surgeries, fully Accredited, Infection Control Practices in place, with a high standard of care and emotional support throughout the process.

### **I have made my decision:**

Once you have made your decision to have an abortion, the next step is to call and make an appointment.

Included in the appointment will be a detailed history and discussion on what to expect, risk factors, pre-op and post-op instructions.

### **Booking in:**

Our receptionist and nurse will collect important personal details from you and will provide you with a quote for the procedure.

### **Pre-op instructions:**

Check you have the correct address for your operation.

You will need to **fast** for **6** hours prior to having your procedure. You must have nothing to eat or drink. *(If you have had lap-banding, fluids only for 6 hours prior to fasting for 6 hours)*

Please bring your Medicare and/or private health insurance card and fee advised by our receptionist.

Expect to be at the hospital for 2-4 hours. You cannot drive following the procedure so please arrange a friend or family for pick up.

### **What happens when I arrive at the hospital?**

When you arrive you will be greeted by reception and checked in. You will meet the operating doctor :who will explain the procedure assess the risks and discuss any issues after having an ultrasound .Please let the doctor know if you wish to see the ultrasound. Consents are then signed. If you have any issues you wish to discuss please do not hesitate. Then after your bill is settled you will meet the anaesthetist and nurses that will support and care for you through the process.

When you have been prepared then you will change into a gown. Please empty your bladder prior to theatre. You will then be escorted to theatre when the procedure will take place.

### **What is the procedure?**

Terminations up to 12 weeks gestation *(dated from the first day of the last normal period)* are carried out by suction curette. This usually takes about 10 minutes. You can choose to have a local (awake) or general (asleep) anaesthetic.

### **How long will it take to recover?**

After the procedure women normally, recover quickly and after ½ to 1 hour are ready to leave. It is important to rest for the remainder of the day. You can expect to work the next day but avoid heavy lifting or strenuous activity for 2 weeks. You must not drive until the following day.

**Is the procedure safe?**

Abortion is a low risk procedure if performed before 12 weeks gestation. There is however a small increase in risk with each week after 12 weeks.

**What are the chances of a complication?**

The skill and experience of the operating doctor does affect the rate of complications. Our Doctor's minor complication rate is less than 1 in a thousand. Our doctor has not had any major complications.

**What are the possible immediate complications?**

Most infections are pre-existing. Taking antibiotics and swab tests for infection and other precautions for 2 weeks after the procedure decreases the risks significantly. Excessive bleeding is not common but can occur. Please contact our doctor if you are worried about your blood loss. (You may need a recurette less than 1:1,000.) A cervical adhesion can occur 1:1000 and require dilatation. They are treatable and will not affect your future. If you do not get your period within 6 weeks following the procedure, please contact our doctor.

**Is there pain afterwards?**

Most women will experience a cramping pain similar to that of a period. This varies from woman to woman, some experiencing no pain, and in others it is more severe. Over the counter analgesia should give sufficient pain relief, eg. Paracetamol).

**Is there a chance that the abortion could fail or be incomplete?**

Failure of abortion is rare, particularly if performed by an experienced doctor. If less than 6 weeks confirmation pathology may be required. A missed pregnancy rate is less than 1:1,000

**Is there a risk I may not be able to have children in the future?**

A surgical abortion carried out under proper conditions has little chance of causing infertility. An untreated infection is the most likely complication to affect future fertility and most infections are pre-existing. (Please note this information is for our doctor only. We do not comment on others.)

**Emotional:**

Women's reactions to having an abortion are mixed and varied. There is no right way to feel. Some sadness can be considered normal but if prolonged, please contact our doctor. Many women feel relieved after an abortion.

**How soon can I get pregnant after an abortion?**

You can fall pregnant again the first time you have intercourse after having a termination. It is thus important that an appropriate form of contraception is chosen to enable it to be started immediately after the abortion. You should be fully aware of the correct way to use it.

**Contraception:**

It is important that you chose a method of contraception if you do not wish to become pregnant again. Please let our nurse or reception know what method you will chose so that our doctor can help you on the day of operation. Intra-uterine Devices (IUDs) or Rods can be arranged at the same time.

**Is the procedure confidential?**

Every medical procedure is confidential. You are under no obligation to tell anyone outside the hospital of your decision although often it helps if you have a friend you can talk to. No information will be disclosed to any other person including your regular GP without your consent.

**Pathology:**

Pap smears can be taken at the time of the procedure. You will be notified when any pathology is abnormal and requires a follow up.

**Complaints:**

Practice Manager: Robyn 03 9769 4134 or robynl@womensclinic.com.au