

General information
about Abortion
Please read

Important aspects and facts about abortion

Uncertainties regarding
Abortion**Ambivalence:**

Maybe you are unsure how to proceed. Take your decision calmly, and maybe not immediately. Don't let yourself be bothered or influenced by people who cannot help you and cannot assume your responsibility. For you it is important that you make as clear a **decision** as possible before the start of the procedure. After we have provided you with information and answered all your questions, we can arrange a **follow-up appointment a few days later**. If you decide **to carry the pregnancy to term** before the start of treatment, please talk to us once more in any case. You will receive the results of our examinations (ultrasound, etc.).

If you need advice or need to talk, we are always there for you and we can arrange **help elsewhere**. We give you a **list of free advice centers (Guide of the Canton of Zurich)**.

Wrong web information

Inadequate and incorrect information on the Internet:

Maybe you have found information online that worries and unsettles you. Most of them are wrong. Like, for example:

- **«After an abortion, I can't have any more children.»**
An abortion does not affect fertility in any way. You are pregnant, so you are **fertile**. There is no doubt about that.
- **«A termination of pregnancy leaves visible traces.»**
An abortion does not leave visible traces. There is nothing recognizable left behind. Nobody – not even a doctor – can detect an abortion.
- **«An abortion is dangerous for your health.»**
An abortion is very safe, provided you follow your doctor's recommendations. Miss Dr. Walther has been carrying out abortions for many years and has a lot of experience.
- **«After an abortion I will not get pregnant immediately.»**
Abortion does not act as contraception. You may become pregnant again immediately afterwards. This is possible even before the next menstruation starts.

Medical matters in connection
with an Abortion**Deadlines and methods:****prior to 5 weeks:**

An individual examination is necessary

prior to 7 weeks:

Is the drug treatment the method of choice

from week 7:

We recommend the aspiration method (surgical procedure)

from week 12-14:

We carry out the aspiration method

from week 14:

We refer you to other doctors in Switzerland

from week 17:

We refer you to specialized clinics abroad

Sexually transmitted diseases:

On request, we can provide you with an examination regarding sexually transmitted diseases and an investigation with a cancer smear. This may require an additional session. Protect yourself from sexually transmitted diseases! The condom is a very safe protection, but does not prevent pregnancies so reliably. If you become pregnant again unplanned, we are still there for you. Call us anytime.

Contraception (anti-conception):

In the consultation we answer all your questions about safe contraception. If you wish a longer lasting and safe contraception, we recommend the (hormone) IUD *Kyleena*®.

Annual inspection:

We recommend a check-up with a **cancer smear (PAP smear)** at least every 3 years.

Special rules for young people
under the age of 16**Adolescents:**

Young women under the age of 16 must have an appointment with a specialized counselling center. In the following consultation in our practice, we take the issues of medical secrecy and your desire for anonymity very seriously. Please contact us. We recommend support through «Lust und Frust» (Specialist Centre for Sexual Education and Counselling of the City of Zurich. www.lustundfrust.ch). It is free for teens up to 21 years.

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Legal situation in Switzerland

Since 2002, Switzerland has been applying unpunished abortion during the first 12 weeks of pregnancy since the first day of the last period (= period regulation). This means that you may request an abortion within this period without giving reasons. According to the text of the law, you must «declare your emergency situation» in writing. This means that you sign a request for abortion.

Nach 12+0 Schwangerschaftswochen ist ein Abbruch weiterhin legal. Die Ärztin muss mit Ihnen ein eingehendes Gespräch führen und die von Ihnen genannten Gründe sorgfältig dokumentieren. Die Ärztin bestätigt damit Ihr Gesuch oder dass beim Austragen der Schwangerschaft Ihre Gesundheit gefährdet ist. Sie brauchen kein psychiatrisches Gutachten.

After 12+0 weeks of pregnancy, abortion is still legal. The doctor must have an in-depth conversation with you and carefully document the reasons you have given. The doctor will then confirm your request or that when carrying the pregnancy your health is endangered. You don't need a psychiatric report.

Dr. Walther carries out abortions up to 14 weeks of pregnancy.

According to the law, abortions must be reported anonymously to the cantonal doctor (without giving your name); you are therefore not registered by name by the state.

Confidentiality

Doctor's secret:

The doctor's secret obliges us and the health insurance companies to maintain complete discretion. Of course, we do not pass on any information, not even to the next of kin, except at your express wish. If your health insurance invoice is paid for by someone else, this person may receive the invoice for the items invoiced. In this case it is important that you find a solution with the health insurance company. Please let us know if you do not wish to send detailed information about the treatment of the health insurance company to others. We support you in this.

Costs

Invoicing via the health insurance (KVG):

Abortion is a compulsory service of the health insurance.

We will discuss with you whether you would like to receive an invoice for your health insurance or the somewhat cheaper flat rate payment. However, you cannot have your health insurance company reimburse you for the flat rate payment.

Flat-rate payment:

If you choose the flat rate, it has to be paid directly after the consultation. Cash or card payment (except Postcard) is possible. **Euro** are accepted as currency **in a ratio of 1:1**.

Further information can be found on the information sheet on the relevant method and on the application for abortion (last page).

Medicinal abortion in CHF:

The treatment costs are listed on the website

www.schwangerschaftsabbruch-zh.ch.

Additional services (Anti D syringe Rhophylac, other blood sampling, external laboratory services, contraceptives (e.g. pill) etc.) will be charged additionally.

Surgical abortion in CHF:

The treatment costs are listed on the website

www.schwangerschaftsabbruch-zh.ch.

Additional services (Anti D syringe Rhophylac, other blood sampling, external laboratory services, contraceptives (e.g. pill) etc.) will be charged additionally.

Invoicing mode**Surgical abortion:**

We invoice the preliminary consultation and the intervention separately due to logistical reasons. Therefore, you will receive two invoices for payment.