

Surgical Abortion  
Important information  
for patients

## Treatment procedure

You have decided to have a surgical abortion using the aspiration method. You are between 7 and 12 weeks pregnant (in exceptional cases up to 14 weeks). For the preliminary examination and the intervention, two separate consultations with doctors at two different locations are required. Thus, when we settle the costs via the health insurance company, you will receive two invoices from us.

For the intervention, including all preparations, the room is reserved for 1 hour. The intervention itself takes only 5 minutes. The rest of the time is required for preparation, which is explained in more detail below. After the intervention, you must remain in our clinic for at least 1 hour for monitoring. The preliminary examination takes 1 hour, while the intervention including monitoring takes 2 hours.

Step 1: Preliminary examination  
in the practice:

The doctor will ask about risk factors concerning the procedure and for data on the current and any previous pregnancies.

Urine and blood tests will be done. **You must know your blood group;** otherwise you will be given the medication *Rhophylac*<sup>®</sup> (prophylactic antibodies that are important for women with a Rhesus-negative blood group. Cost: 100 CHF. The position and size of the embryo will be determined using the vaginal ultrasound transducer. For the surgical method, the embryo should be at least 10 mm long; then the pregnancy is older than 49 days. For pregnancies that are not as advanced, we recommend treatment with drugs.

The doctor must be sure that you definitely want an abortion. She will provide you with detailed information about the course of treatment.

As your pregnancy was unplanned, **contraception** (birth control) will be an important topic during the consultation. We will explain reliable methods of birth control to you. Please ask us any and all questions you may have in this regard; we will be very happy to answer them.

We will discuss the risks, side effects and alternatives with you. According to the law, you must declare that you are in a desperate situation and that you commission us to perform the abortion with your signature.

You will make your decision calmly, and perhaps 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. 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 need the results of our examinations (ultrasound, etc.).

Step 2:  
Surgical abortion

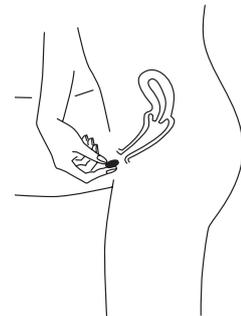
**If you are certain that you want an abortion,** we will schedule the next possible appointment with you – in exceptional cases on the same day. The appointments for surgical abortions are usually scheduled on Thursday afternoons. The operating room of the practice is located at another site in the center of Zürich; you will be given directions.

Step 2.1:  
Prior to surgery**Travel to the clinic:**

Strong analgesics can **impair your fitness to drive after the intervention.** You may not drive a vehicle yourself after the intervention. Please remember this when you come for the appointment.

**Preparatory medications:**

These soften your cervix. Normally you will be given *Mifegyne*<sup>®</sup> (*Mifepristone 200 mg*) 24 hours before the surgery. If the preliminary examination and the operation take place on the same day, you will be given 2 tablets of *Cytotec*<sup>®</sup> each 200 mg 4 hours before the operation, which you must insert as far as possible into your vagina.



**Fasting:** You should refrain from eating anything for at least 4 hours before the operation. You can drink liquids up to 2 hours before operation (water, tea or coffee without milk or sugar are permitted).

**Accompanying person:** After the intervention, you must remain in our clinic for at least one hour for monitoring. An understanding person who accompanies you is often helpful then. He or she may not be in the operating room during the intervention.

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The intervention**Preparations:**

First, we will insert an infusion needle into your arm. This will enable us to administer fast-acting medications as required. You will receive one medication to stabilize your circulatory system, and another to prevent nausea. We will perform an ultrasound examination. The physician will disinfect your vagina and manually determine the position of your uterus. After disinfecting her hands, the instruments will be sterilely prepared.

**Procedure:**

We use the **aspiration method** for surgical abortions. It is gentle but thorough. Pain relief will be provided via **local anesthesia at the cervix**. We will administer **additional strong analgesics (opiates) as required** intravenously. The cervix will be dilated using slender dilators. From the 12th week onwards, larger instruments are required for dilation. Afterwards, a cannula is used to suction the mucous membrane and thus the embryo from the uterus. If required, the procedure can be monitored via ultrasound during the aspiration process. When the uterine mucous membrane is aspirated, the uterine muscles will contract convulsively. This **pain** usually lasts only a short time. You will be given an analgesic immediately if necessary. After the aspiration, **an ultrasound examination** will be performed to ensure that the uterus is empty. The doctor will wait a few minutes to ensure that there is no increased bleeding and will check to ensure that everything was aspirated.

If you have opted for a contraceptive method with an **IUD**, it can now be inserted before the procedure is completed.

Step 3:  
After the interventionStep 3.1:  
Monitoring in the practice

The strong analgesics can cause fatigue, dizziness and sometimes nausea. We will monitor you for at least one hour after the intervention in an adjacent room. Should you experience pain, bleeding, severe nausea or discomfort, we are here to help you. You can simply rest. The person accompanying you is welcome to join you here. You may not drive a vehicle on your way home.

Step 3.2:  
At home after the intervention**Precautionary measures:**

As long as you are bleeding and for 3 days after bleeding has stopped, you should not insert anything into your vagina, as the cervix may still be slightly open:

- Use only sanitary napkins instead of tampons.
- Shower and/or wash yourself externally. Do not take baths. Do not go swimming. Do not go to the sauna.
- Avoid sexual intercourse with penile penetration of your vagina.

**Bleeding:** Usually the bleeding after the intervention lasts 2 days, occasionally up to 2 weeks. Bleeding may increase 2-3 days after the intervention; however, bleeding should decrease after the 5th day.

**Analgesia:** We will provide you with *Mephadolor*<sup>®</sup> as reserve painkiller. If you have cramps, a hot water bottle on your abdomen is also helpful.

**Work incapacity:** It is almost always possible to return to work the day after the abortion. If you would like a certificate of work incapacity for 2-3 days, please don't hesitate to ask us.

A slightly **elevated temperature** up to 37.5°C (measured in the ear) after the intervention is not unusual.

Your next **menstrual period** will occur after 4–6 weeks.

**Lactation:** Occurs rarely; occasionally after late pregnancies. Should you experience a slight flow of milk, wear an especially stable bra or bind your breasts with a cloth. Do not express or massage the milk out, as this will only stimulate further lactation. Sometimes camphor salve is also helpful.

**Medical prevention of infection**

- **Antibiotics:** We administer 2 *Flagyl*<sup>®</sup> (1 g) as a preventive measure after the operation. You will be given *Azithromycin*<sup>®</sup> 1 g (4 tablets each 250 mg) to take orally.

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Follow-up

A **follow-up check** is normally scheduled in 1–2 weeks with us or with your referring doctor. If we have inserted an IUD for you, a second follow-up appointment is required 6 weeks after the intervention. The costs for the follow-up appointments are included in the flat fee.

**Complications:**

Complications are very rare after a legal abortion and are not to be expected. The risks accompanying any surgery are bleeding and infection. To ensure that no increased bleeding occurs, we terminate the intervention only after several minutes, after checking the severity of the bleeding. You will be given antibiotics (additional medications) to prevent infection. In the event of complications, our partner is the Triemlispital. We have a cooperation contract with the gynecology clinic of the Triemlispital.

**Call us or your doctor:**

- if you bleed for more than 2 weeks or if the bleeding increases instead of decreasing after the 5th day. Heavy, dangerous bleeding occurs only in the first hours after the intervention.
- if you have severe abdominal cramps. Cramps that leave you unable to do anything but lie quietly in a curled-up position indicate peritonitis.
- if you experience chills followed by fever. Infections are rare but possible after an abortion.
- if your first period after the intervention is much heavier than normal or does not cease, and likewise if your first period does not occur for more than 6 weeks after the intervention.

**Differences to the intervention in a hospital:**

There is no anesthetist in our practice. There is no general or epidural anesthesia. Thus, all risks that could occur during general or epidural anesthesia are omitted in our practice.

You are awake. That means you will see us making the preparations required, for example unpacking the sterile instruments. Pain relief will be provided via local anesthesia at the cervix and strong medications, given intravenously as required. You can leave the practice after 2 hours. The hospital stay is several hours longer. You will be attended by the same 2 or 3 persons in our practice. In the hospital, at least 10 different people are involved. The risk of heavier bleeding is lower when you are awake.

**Costs:**

We will discuss with you whether you prefer an invoice via your health insurance or the cheaper flat fee payment. You cannot submit a flat fee payment to your health insurance company.

You will find detailed information about costs in the information sheet «General information about abortion», on the last page.

**Invoicing:**

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



Surgical Abortion  
Patient ConsentFurther agreements:  

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Last name

First name

Birthdate  

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Address

Postal code/Town  

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I have an unwanted pregnancy. I am in a desperate situation and cannot carry this pregnancy to term. I therefore request an abortion in accordance with articles 119 and 120 of the Swiss Criminal Code.

The attending doctor who will perform the abortion has provided me with detailed personal advice.

She has explained the procedure and the risks involved and answered my questions. I was given a copy of this information sheet and the guiding principles of the Health Directorate of the Canton of Zürich.

I consent to the anonymized scientific analysis of my data.

Place/Date

Signature  

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I wish the following invoicing option:

**Invoicing according to health insurance rate (KGV)** We send the invoice directly to your health insurance.

Attention: With some health insurance companies (eg Assura) we cannot settle directly. For this reason, we have to charge a deposit in the amount of the flat rate. After the treatment, you will receive the invoice for the fee and a reimbursement receipt, which you can send to the health insurance company (third-party payment). You owe us the open balance payment.

**Flat rate payment (VVG)** Attention: You cannot submit the flat rate payment to your health insurance company

**What is the difference?**

When invoicing through the health insurance, we usually send the invoice directly to your health insurance company. Abortion is a standard health insurance benefit. It will be fully remunerated minus the franchise. If you do not want your health insurance to be involved, please let us know so that we can find another solution. Our flat rate is, especially in the surgical procedure, much cheaper than the health insurance invoice. At a high franchise, this can be to your advantage. The invoicing option cannot be changed afterwards.

Pending invoices are payable within 30 days upon receipt or according to an individual agreement. The first reminder is free of charge, from the second reminder an amount of CHF 30.00 will be charged. If the second reminder is not respected, debt enforcement will be initiated without further notice. The additional costs caused thereby will be completely at your expense. Ms. Dr. Walther can always hire third parties for collection.

The patient has read  
all mentioned terms and conditions and agrees:

Signature  

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