

Medical Abortion
Important information
for patients

Treatment procedure

For **medical abortion** we use the **One Stop MToP method**. You will find the exact description on the following pages. Usually a **single doctor's consultation** is enough. Everything else we can clarify by email or discuss by phone. The telephone is served daily, also on weekends (except on practice holidays).

One Stop MToP (Medical Termination of Pregnancy) method: That is the English term for the method of medical abortion carried out by us. In particular, **only one doctor consultation** is required. This method is safe and highly appreciated by the women treated.

Because only one consultation in our practice is required, you will receive all important information during this session and additionally detailed oral and written instructions. We are aware that these are a **lot of important information**. **You should therefore plan at least one hour**. After the discussion and the medical examination, we will give you all the necessary medications. After 2 weeks, you will carry out the check-up through a special urine test. More detailed information can be found on our website.

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*[®] (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. If the embryo is 10 mm or longer, the pregnancy is older than 49 days. In this case we suggest the surgical method.

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.

Step 2.1: Medical abortion, Day 1

If you have clearly decided to terminate your pregnancy, take the medication *Mifegyne*[®] (*Mifepristone*) orally – immediately after signing the informed consent form, during the same doctor's consultation. As a result, the pregnancy cannot develop further. The effect of the body's own, pregnancy-preserving yellow body hormone (progesterone) on the uterus is blocked. *Mifegyne*[®] does not work outside the uterus. Therefore, it is important to determine the location of pregnancy in the uterus before the treatment with *Mifegyne*[®]. By means of ultrasound, this is successfully done according to experience from the 5th to the 6th week of pregnancy after the absence of menstruation. Should the pregnancy by means of ultrasound not be visible, important information will be explained on the basis of an additional information sheet.

Possible side effects of *Mifegyne*[®]:

Mifegyne[®] is usually very well-tolerated. It must not be used when: **chronically high blood pressure (hypertension), severe asthma and certain hormone diseases.**

- **Nausea, vomiting:** If you should vomit within 2 hours after having taken the drug, contact immediately your doctor as the effectiveness of the drug may not be guaranteed.
- **Slight bleeding and abdominal cramps:** You will receive preventive medication from us.
- Rarely it comes to **slight vaginal bleeding** after the sole intake of *Mifegyne*[®] (usually on the following day).
- Other side effects are rare: headache, drowsiness or an allergic skin reaction.
- **Premature heavy bleeding:** The heavy **bleeding** may occur rarely (5%) already after having taken *Mifegyne*[®] alone. This is a sign that the drug works and there is no reason for concern. In this case too, take all medications as agreed. At uncertainties please contact us by phone.

Application of *Mifegyne*[®]:

After the conversation with the doctor you will receive a tablet *Mifegyne*[®] in practice.

Inability to work:

We recommend that you do not go to work the next day after having taken *Mifegyne*[®]. Ask us about a job disability certificate.

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Step 2.2: Medical abortion, Day 3

The second drug is called **Cytotec® (Misoprostol)***. It is a substance of the prostaglandin class. After a pretreatment with *Mifegyne®*, *Cytotec®* causes strong contractions of the uterus. The amniotic sac is ejected by it. It is important to wait at **least 24 hours** between pretreatment with *Mifegyne®* and taking *Cytotec®*.

Application restrictions of Cytotec®:
none

Possible side effects of Cytotec®:

- **more or less strong, contraction-like abdominal pain or stomach cramps.**
- sometimes **very strong, gushing bleeding** with tissue rinse (1-2 blood-soaked, thick bandages in half an hour are nothing unusual), in alternation with slighter bleeding.
- Gastrointestinal discomfort: **diarrhea, nausea, vomiting**
- **light fever**

Cytotec® often causes strong and unpleasant side effects. We therefore recommend you to stay at home. If required, we will gladly provide you with a **medical certificate**. As a preventive measure you will receive painkillers and medications for nausea. In most cases you can work again the day after the abortion.

Application of Cytotec®:

You will receive 4 tablets *Cytotec®* (including 2 reserve tablets) from us for self-administration at home. 2 days after the pretreatment with *Mifegyne®*, apply the first 2 tablets *Cytotec®* as follows: Insert these as deeply as possible into your vagina. We recommend taking at the same time a painkiller *Mephadolor®*.



If you already have a slight vaginal bleeding, you should swallow the tablets. Blood in the vagina reduces the absorption of the active substance.

In two out of three women, it comes to the expulsion of blood and fruit (chorion) in the following 3 hours. If no significant bleeding has started, additional 2 tablets *Cytotec®* are necessary after 3 hours.

Other medications:

We give you preventive antibiotics: 2 suppositories *Flagyl®* (=1 g) and 4 tablets of *Azithromycin®* (1 g = 4 tablets of 250 mg each).

Use other painkillers early on:

Possibly you need more tablets of *Mephadolor®* and if necessary, the very strong painkiller *Tramal®*. *Domperidon®* is effective against nausea.

Complications:

Most of the treatment are successful (97 out of 100 treated women). Rarely may occur a very heavy bleeding (1%), a continued growth of the pregnancy (1%) or an incomplete expulsion of the pregnancy (1%). In these cases, we recommend to carry out a small operation (suction curettage). At a continued growth of the pregnancy, alternatively to an operation, a second treatment with *Mifegyne®* / *Cytotec®* are considered.

Reasons for an **urgent medical examination** are fever with temperatures above 38.5°C, very heavy bleeding longer than 2 hours and persistent strong convulsions. Please call in case of uncertainties! (044 552 66 60).

Step 3:
Further course

A 10–14 day lasting, to menstruation strong bleeding is to expect. There is a risk of inflammation. As long as you bleed and 3 days beyond, do not introduce anything into the vagina, as the cervix may still be slightly open:

- Use only tying instead of tampons.
- Shower and / or wash yourself externally. No full bath. No swimming pool visits. No sauna..
- Avoid intercourse with penetration of the male penis in your vagina.

* *Cytotec®* is registered in the drug register for gastric protection. The additional effect on the uterus after pretreatment with *Mifegyne®* has been known for decades and is very well documented. The intake of *Cytotec®* for a purpose other than the registered one is called «off label use».

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Follow-up

This control is important in order to discover any persistent or incomplete ejections of pregnancies. You receive from us a (from 1000 units HCG calibrated) special urine test (*checkToP*[®]) and you perform the check by yourself exactly 2 weeks after the application of the drug *Cytotec*[®]. Please call us and let us know the result. Often there is no further follow-up necessary.

If the treatment is successful, the pregnancy hormone (Beta HCG) has dropped significantly 2 weeks after the application of *Cytotec*[®]. The test (*checkToP*[®]) remains negative. Normal pregnancy tests available at the pharmacy (from 50 units of HCG) are much more sensitive and can show a positive result up to 6 weeks after an abortion. Please let us know the result of the *checkToP*[®]-Testes in any case by phone or e-mail.



Negative test result: treatment completed

A check-up in the practice is necessary when:

- Your bleeding was weak or missing completely in the first few days after *Cytotec*[®]
- Your urine control (*checkToP*[®]) reacts positively after 2 weeks
- Even with a **weak positively** reaction get in touch with us
- Your breasts are still tense
- You are still feeling sick in the morning
- Your menstruation is still not coming after 5–6 weeks



Positive test result: A follow-up check is necessary

The aforementioned symptoms may indicate an incomplete expulsion or persistence of pregnancy. It is possible that the application of *Mifegyne*[®] and *Cytotec*[®] damages the fruit. The doctor will discuss with you a **completion** of the abortion with the operative method.

Contraception after the abortion:

You are obviously fertile and remain fertile. As the safest means of contraception, we recommend the use of the spiral *Kyleena*[®]. This spiral contains a hormone deposit that releases for a maximum of 5 years a small amount of hormone directly into the uterus (and thus significantly releases lower hormone doses than e.g. the pill). This method is very reliable. *Kyleena*[®] can be inserted already 1 week after an abortion or during the menstruation. *Kyleena*[®] has to be removed or replaced after 5 years.

If you opt for the birth control pill from now on, take the 1st tablet the day after having taken *Cytotec*[®]. The next menstruation often occurs late. Therefore, we advise against start taking the pill at the next menstruation. It is possible to get pregnant before the menstruation takes place, so no bleeding ever occurred.

If you get pregnant again unintentionally, do not feel ashamed. Please call us again.

Costs:

Contraceptives are not covered by the health insurance. They have to be paid in cash or with card after the consultation. An exception is the Mirena IUD in case of heavy menstrual bleeding.

We will discuss with you whether you would like to receive an invoice for your health insurance or the cheaper flat rate payment. You cannot submit a flat rate payment to the health insurance.

Detailed information can be found in the leaflet «General Information on Abortion», on the last page, and on the following page «Request for Abortion».



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Patient ConsentFurther agreements:

Last name

First name

Birthdate

Address

Postal code/Town

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 will do a urine test with *checkToP*[®] in two weeks and inform the doctor about the result. Foreign courts are excluded.

I consent to the anonymized scientific analysis of my data.

Place/Date

Signature

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 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, dept enforcement will be initiated without further notice. The additional costs caused thereby will be completely at your expense. Miss Dr. Walther can always hire third parties for collection.

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

Signature

