

Welcome to Hope Clinic

We are honored to have you with us today.

*All of our staff work their hardest to provide you quality,
compassionate care.*

Our physicians are experts in the field of abortion care.

This is our patient information packet. Please review this packet as soon as you receive it, and return it to the front desk when you are done.

Before returning it, feel free to share it with anyone who came with you today.

Note: waiting times vary, please be patient.

- The order in which you are seen is based on several factors, not just your time of arrival. Different procedure types require different amounts of time. We work to give each patient the individualized care they need.
- For your safety and comfort, please do not consume food or drink after entering our facility.



Surgical “in clinic” Abortion Preparation Process

Your visit today will consist of the following:

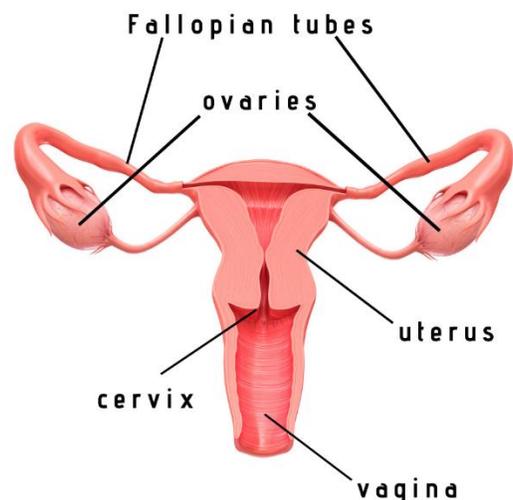
1. Check-in and paperwork
2. Ultrasound & Lab
 - We will measure the length of your pregnancy
 - You'll be tested to see if you have a positive or negative blood type and we'll take your vital signs
3. Patient Education and Support
 - After reading this notebook, you will meet with one of our staff to go over information relevant to your procedure, discuss your options, and answer any questions you might have.
 - At this time, you will receive thorough instructions on the procedure, and you'll sign your consent documents.
4. Payment
 - You'll return to the lobby, and a staff member will call your name. We'll then collect payment. You can also schedule your 1-2 week check-up at this time.
5. Procedure Preparation
 - When you're called, you'll go downstairs for the procedure.
 - Before your procedure a nurse give you a prescription-strength ibuprofen, and an antibiotic to help prevent infection. If you have a driver, the nurse will give you a Benadryl as well.
 - For the safety and privacy of our patients, Hope Clinic policy does not allow anyone other than staff and patients in the procedure or recovery room.
6. The procedure is outlined on the next page, and your patient support staff member will also go over it with you during your session.



Remember: We are here to answer your questions! If you have questions about the process or aftercare, don't hesitate to ask us! We want you to feel as comfortable as possible.

Surgical “in clinic” Abortion Procedure Process

1. If you've chosen to get the comfort shot (or measure at 14 weeks or greater), a nurse will insert a small IV port into the vein of your arm or hand, and it will be taped comfortably in place.
2. You'll be brought to the dressing room to change, where you can read the journal left by other patients and write a note or tell your own story.
3. After you change, a nurse will bring you to the procedure room, where she'll help you onto the table and drape a sheet over you from the waist down. She will remain by your side for comfort and support throughout the procedure. *You are not alone.*
4. If you decided to take the comfort shot, it will be administered before your procedure. You will feel relaxed, but it won't put you to sleep. Regardless of whether you decided to get the comfort shot, it's important to remain calm and practice slow breathing throughout the procedure. Most procedures only take about 5 minutes.
5. The doctor will insert the speculum -- the same instrument used during a pap smear -- into the vagina, so they can view the cervix. The cervix is then numbed with a local anesthetic.
6. The doctor will dilate your cervix. This causes cramping. Focus on your breathing.
7. After the cervix is dilated, a small plastic tube (vacurette) is inserted into the cervix. This causes cramping, so start practicing slow breathing to mitigate any pain or discomfort.
8. The vacurette is attached to plastic tubing, which is attached to the vacuum aspirator. The vacuum aspirator applies a gentle suction to your uterus, removing the contents. When you hear the low-pitched hum of the machine, you'll know the procedure is almost over.
9. When the procedure is completed, the doctor will insert a sterile tampon into the vagina.
10. You will be taken to the recovery room, where you'll relax and be monitored in a comfortable recliner for the next 30 minutes. For the first several minutes, you may experience cramping as your uterus contracts to its normal size. You will be given a snack and may ask for a heating pad if you'd like.





So, What's Next?

at-home aftercare, and what to expect after having a surgical abortion

Hope Clinic suggests a follow-up visit after your surgical abortion. This visit is just to verify completion of the abortion and address any concerns you might have, post surgical abortion. Many people like to get this visit just for peace-of-mind. You can complete this visit with us for a \$25 charge, or with another provider.

Normal Bleeding and Cramping:

- Normal bleeding varies from person to person, but can include bleeding that lasts 1-5 days, no bleeding at all, bleeding off and on for up to 4 weeks, and/or passing dark blood clots. Your next period will start in about 4-6 weeks from today.
- You may experience cramping for a few days after the procedure, or even no cramping at all. Like bleeding, normal cramping varies from person to person. You can take over-the-counter medication like ibuprofen or Tylenol for cramps. Don't use anything with aspirin, since aspirin is a blood thinner and may cause heavier bleeding.

Signs of Infection and How to Prevent it:

- To prevent infection we will have given you an antibiotic, and that dose is all that's needed. Use pads rather than tampons and don't have sexual intercourse for 48 hours after the procedure. Don't douche or go swimming until your follow-up appointment.
- Running a temperature of 100.4 degrees or higher, a bad-smelling vaginal discharge, and/or severe pain can be a sign of infection. If you experience any of these symptoms, call Hope Clinic immediately. An untreated infection can impact your ability to have children in the future.

Possible Complications:

- Incomplete abortion: This means tissue from the pregnancy is still inside the uterus after an abortion. Signs include heavy bleeding (soaking 2 or more pads an hour) or severe cramps that are not relieved by pain pills.
- Perforation (tear) in the cervix, uterus, bowel, or bladder: This happens in less than 1% of patients, but it causes hemorrhage and, in rare cases, can require corrective surgery. You can help keep this complication rare by lying still during your procedure, which most people are able to do.

Remember: Like any procedure, complications are possible, but not probable. The Hope Clinic's goal is to help you make the best decision for *your life*. Trust yourself and your decisions, because you are the only one who can truly decide what's best for *you and your family*. We are not here to shame you or persuade you to do anything, only support the path you decide to take.