

Medication Abortion Consent

Options: With pregnancy there are three options to think about – abortion, making an adoption plan, and parenting. These options may have different benefits to you depending on your circumstances. There are two ways to have an abortion, medication abortion and a procedure abortion. Compared to a medication abortion, a procedure abortion has similar safety but a lower rate of incomplete abortion and continuing pregnancy.

What is medication abortion?

A medication abortion uses medicine to safely remove a pregnancy from your uterus. The regimen currently prescribed at Hope Clinic includes:

1. Mifepristone (200mg) – 1 pill – medication blocks progesterone which is a hormone required in normal pregnancy growth
2. Misoprostol (800mcg) – 4 pills – medication opens the lower part of the uterus (cervix) and causes contractions which expel or push out the pregnancy. This medication can be taken in the mouth (buccal/in cheeks or sublingual/under the tongue) 24-48 hours after mifepristone or in the vagina 0-48 hours after mifepristone. More than one dose may be given.

What are the benefits of the medication abortion?

It is a safe and effective way to end a pregnancy. It usually does not require a pelvic exam or procedure. The timing can be more flexible.

How well does medication abortion work?

Medication abortion works between 91% to 99% of the time, depending on the length of pregnancy and other factors such as amount, timing, and route of misoprostol taken. Medication abortion is more effective after nine weeks when two doses of misoprostol are used 4 hours apart. 5% of people who use medication abortion will need further treatment to end the pregnancy or manage complications or side effects.

Side Effects of Medication Abortion: Side effects usually do not last long. They usually need little or no treatment. Side-effects may include:

- **Cramping/Pain:** This is normal and is supposed to happen. Cramping is usually worst when the pregnancy is passing. Milder cramps may last for a few days after the abortion is complete. If you are having pain in your belly that is unrelieved by pain medication more than 24 hours after taking misoprostol, please contact Hope Clinic.
- **Bleeding:** This is normal and part of the abortion process. Bleeding is usually heaviest when the pregnancy is passing. You may bleed or spot for 4 to 6 weeks after the abortion. You should contact Hope Clinic if you are soaking 2 pads an hour for more than 2 hours in a row or if you have no bleeding within 24 hours of taking misoprostol.
- **Fever/Chills:** The misoprostol can make you feel as if you have a fever. We recommend you do not take your temperature for the first 24 hours. If you have a fever of 100.4°F or above more than 24 hours after taking misoprostol, please contact Hope Clinic.
- **Other Side Effects:** It is common to have diarrhea, nausea, vomiting, headache, dizziness, back pain, and tiredness. These should go away 24 hours after taking misoprostol. If you are still having these symptoms, or other pregnancy symptoms, more than 24 hours after taking misoprostol, please contact Hope Clinic. You may or may not be able to see the exact embryo/fetus, egg sac, or placenta.

Risks of Medication Abortion: Medication abortion is safe, but there are risks with any medical care.

These risks may include:

- **Continuing pregnancy:** In some cases, the pregnancy does not end after taking the medications. Because misoprostol can cause birth defects, if this happens you may need to take more medicine or have a procedure (called a "D&C" or "aspiration abortion") to complete the abortion.
- **Incomplete abortion:** Some of the pregnancy tissue or the pregnancy may be left inside your uterus. This may lead to heavy bleeding, infection, or both. If this happens, you may need a procedure, other tests, or treatments.
- **Hemorrhage:** You may have too much bleeding or bleed for too long. If this happens, we may recommend medicine, a procedure, or, rarely, a blood transfusion or surgery to remove the uterus (hysterectomy).
- **Infection:** The infection rate from medication abortion is less than 1%. Antibiotics are used to treat the infection, and, rarely, a suction procedure.

Patient ID: _____

Date: _____

- **Allergic reaction:** While rare, some people are allergic to the medicines used.
- **Emotional:** It is normal to experience a range of emotions following any pregnancy outcome, and these feelings can range from mild to intense. Research has shown that the majority of people who feel sure of their decision to abort (without pressure/force to do so) experience relief and have no major regret.
- **Death:** Death from medication abortion is very rare. The risk of death from childbirth is about ten times greater.

Follow-Up Care: It is important to follow-up after medication abortion to ensure that the abortion is complete and that you are doing well. Hope Clinic staff will make a follow-up plan with you as part of your care. Please follow these instructions carefully. If you do not follow-up you could still be pregnant and not know it. Medications used to induce abortion cannot be reversed and may cause birth defects if the pregnancy were to continue.

Follow-up options include self-assessment with a urine pregnancy test in 4-5 weeks, a vaginal ultrasound 7-14 days after taking mifepristone, or blood tests to measure pregnancy hormone levels. You may contact Hope Clinic by phone for follow-up care, as needed.

Emergency Contact: Hope Clinic provides a 24 hour on call health care provider team for urgent medical issues. This contact information will be given to you in written instructions and is available on the website and through the after hours phone message.

Other Information

Mifepristone is FDA approved for use in pregnancies up to 70 days (10 weeks) from last menstrual period in combination with one dose of misoprostol 800mcg buccal 24-48 hours after mifepristone. Protocols used at Hope Clinic which are different than the FDA approved protocol have been researched and medical evidence exists to support their safety. Vaginal administration, time of misoprostol <24 hours from mifepristone and gestational age >70 days may result in higher rates of incomplete abortion and continuing pregnancy.

Medication Abortion Without Ultrasound: In some appropriate cases, medication abortion can be completed without a prior ultrasound which can result in the following risks:

- **Ectopic pregnancy:** The risk of ectopic pregnancy in patients seeking abortion is rare (less than 1% in patients under 6 weeks from last menstrual period). Strict screening criteria are used to further decrease this risk. However, medication abortion does not treat ectopic pregnancy, which, if untreated can develop into a life-threatening emergency.
- **Inaccurate pregnancy dating:** Although rare, you may be earlier or later in pregnancy than predicted by last menstrual period. Inaccurate dating may affect the success, side effects, and complication rate of medication abortion.
- **Early pregnancy loss (miscarriage) may go undetected.** If early pregnancy loss is not diagnosed, you may lose the opportunity for other options for management. Medication abortion is one option for management of early pregnancy loss.

Consent to Treatment

Please read through the following information carefully and sign/date this document. By signing this form, I verify the following statements are accurate.

1. I have reviewed the information in these consent documents in their entirety and understand the risks, benefits, and alternatives to medication abortion with mifepristone and misoprostol.
2. I give my consent to have an abortion voluntarily. I take full responsibility for the decision to have an abortion. No one is forcing me to make this decision. I am aware that I may have a copy of this information at my request.
3. All information I have provided is true and correct. I acknowledge that the provider and staff have relied on such information.
4. I have been given the opportunity to ask questions and all of my questions have been answered to my satisfaction. If any other questions or concerns arise, I agree to contact Hope Clinic.

Signature of Patient

Date

Signature of Hope Clinic Staff

Date