

Whole Woman's Health of Austin
Transforming healthcare one woman at a time
8401 N. IH 35 * Austin, TX 78753
(512) 250-1005 * (800) 282-1005
www.wholewomanshealth.com

To Our Patients and Their Friends and Family,

At Whole Woman's Health, our emphasis is on the whole woman – your head, your heart and your body. You are the most important person involved in your health care and we encourage your participation. Many of our patients feel alone and afraid-- yet 37% of American women have an abortion by the age of 45. We strongly support your ability to decide what's best for you and are here to guide you and provide you with information. We will treat you with excellent medical care and respond to your needs as best we can.

The more you understand, the better you will be able to take care of yourself. Your informed participation in decisions regarding your healthcare is important to us. You probably have many questions regarding your abortion procedure. This packet is designed to address those concerns. Please read the information **carefully** and if you have any questions please ask a staff person at any time or the counselor when you meet with her.

We will try to make your stay with us as comfortable and brief as possible. There is some waiting time between the stages of your medical work up and we advise you to read all the accompanying information while you're waiting. During your visit(s) you will:

1. Complete self medical history forms.
2. Have pre-operative ultrasound and lab work, including a simple blood test and vital signs.
3. Discuss payment options.
4. Meet with a patient educator who will discuss the medications, how to take them and what to expect.
5. Meet with the doctor and take your first medication. At that time you will also receive the misoprostol to take at home, and receive a prescription for antibiotics to prevent infection and Vicodin for pain management.

ULTRASOUND AND LAB TESTING

We will perform an ultrasound to determine the length of your pregnancy and to confirm the pregnancy is in the uterus. An ultrasound uses sound waves to see your pelvic structures. It is NOT AN X-RAY and there is no radiation. An ultrasound is done while you lie down and a gel solution is applied to your abdomen. If you are early in the pregnancy we may need to do a vaginal ultrasound. There is little or no discomfort while the ultrasound is being performed.

An ultrasound is considered the most reliable method of determining the length of pregnancy. Although you may have had an ultrasound done elsewhere before coming to our office, we need to perform one here.

In the lab we will check your blood pressure, weight, pulse, and temperature. There are also some laboratory tests that we need to perform. For these tests we will need a sample of blood. We need to check your blood for iron count and Rh factor. If your blood is found to be Rh negative you will need an injection of Rhogam, at an additional charge, after your abortion. Rhogam prevents antibodies from being formed in your blood that would cause problems with future pregnancies. If you're Rh negative, it is important to receive the Rhogam injection with every pregnancy.

PAYMENT

We require the entire fee be paid before having the abortion. Payment must be made in either cash, money order, or credit card (MasterCard/Visa/Discover & Debit Cards).

Our fees include 200 mg Mifepristone and 800 mcg Misoprostol. We also give you some prescriptions – one for Vicodin, a strong pain medication that you can take at home after inserting Misoprostol, and others for antibiotics to prevent infection. You may have additional fees if the physician or medical staff find you need extra medications or testing. These may include, but are not limited to, injectable antibiotics, early detection pregnancy test, urine culture, throat culture, or Rhogam injection.

It is very important that we have your correct telephone number and address. We are very respectful of your privacy and will keep all your information confidential. We will only call you if there is an emergency. There are no additional costs in the rare case that we need to repeat the procedure.

We offer the Depo Provera birth control injection to our patients after the abortion is finished. This method of birth control lasts for 3 months and costs \$65. Please let a staff person know if you are interested.

If your abortion procedure is not performed due to patient request or physician advice, you will be responsible for payment of services rendered such as the pregnancy test, ultrasound, and lab tests. All other fees will be refunded.

COUNSELING

You will meet with a counselor who will go over the abortion procedure in detail and review how to use the medications. This is a good opportunity to talk about how you are doing emotionally with your pregnancy and abortion decision. The counselor will discuss birth control options and, if you choose, will provide you with a method to use after your abortion. She will also review your aftercare instructions.

Our counselors review the risks and benefits and sign forms with you consenting to the abortion. Legally we must obtain your written consent for the abortion. **An abortion will not be performed on any woman who does not want one, regardless of age.**

PROCEDURE

After your ultrasound, labwork and counseling, you will meet with the doctor, who will review your medical history and give you the medications and prescriptions. At this time the doctor will also review the process and may do a pelvic exam. The first medication, Mifeprex, is taken orally after your consultation with the doctor. Mifeprex stops the production of pregnancy hormone and causes the pregnancy to detach from the uterine wall. Some women report a little nausea after taking Mifeprex, but most women don't report any side effects at all.

Six to 48 hours after taking Mifeprex, you will use four tablets of Misoprostol buccally, or in between your cheek and gums. You will put the tablets into your mouth between your cheek and gums and let them dissolve; if they have not dissolved after 30 minutes you may swallow what remains of the pills with water. Misoprostol will cause your uterus to contract and your cervix to open slightly, allowing your body to expel the pregnancy, and can be accompanied by mild to intense cramping and heavy bleeding. You don't have to return to the office when you take Misoprostol, but we do ask that you are at home or somewhere comfortable within an hour of emergency medical care.

Very strong cramping is a normal part of the process and cramping typically starts about one to four hours after you take the Misoprostol. Generally the whole abortion is done within 24

hours. Heavy bleeding and passing clots is also very normal. You may pass small or large clots (up to the size of a lemon) within the first few hours.

REQUIREMENTS

Because of the risk of hemorrhage, on the day that you use the misoprostol pills, you must:

- Be at home or in the home of someone who knows what is happening,
- Have a phone,
- Be within one hour of an emergency room,
- Have no other obligations including small children to care for,
- Have with you, or “on call,” a support person who knows what is happening and who has a car.

PREVENTING INFECTION

During a medical abortion, your cervix is slightly dilated, so you need to be particularly careful not to expose yourself to infection by introducing bacteria into the vagina. Do not put anything into your vagina, have sexual intercourse, or sit in a bath until your final follow up at the clinic. Use maxi pads instead of tampons until you return to our office for your follow-up exam.

The physician will prescribe some antibiotics for you to start taking preventatively once you take the Mifeprex pill. We recommend taking antibiotics with something in your stomach to prevent nausea. Take these antibiotics exactly as directed by the physician, and please call us if you experience any signs of infection.

MANAGING SIDE EFFECTS

Drink plenty of fluids and eat lightly the day before and on the day you take the Misoprostol pills. Misoprostol may cause nausea, vomiting, and diarrhea, and fever, so you need fluids. Spicy or fried foods worsen the distress. If you are concerned about nausea, our physician can prescribe a medication to help manage nausea. If the vomiting and diarrhea are severe, call Whole Woman’s Health.

We will give you a prescription for Vicodin (to help with pain relief) when you receive the Mifeprex. Please fill this prescription before you insert the misoprostol. In order to prevent intense cramping take the first tablet of Vicodin 15 – 20 minutes before inserting the Misoprostol. After that you can take it every four hours as needed. A heating pad or hot water bottle will also help alleviate pain from cramping. Other non-aspirin pain relievers can also be used such as ibuprofen and Tylenol.

Please note that drinking alcohol with one of the antibiotics you will be taking will cause SERIOUS side effects. Please follow our instructions carefully!