## Royal College of Obstetricians & Gynaecologists

Don't

Encourage

people to talk

Pre-abortion care summary sheet

## I. AIMS OF A PRE-ABORTION CONSULTATION

- I. Create a safe, respectful space.
- 2. Determine which abortion method(s) can be safely provided.
- 3. Facilitate choice and identify need for further support.
- 4. Provide organise abortion (and contraception if wanted).

Start with welcoming words, explain what will happen

repeatedly ask if they're sure about their decision

Be kind, warm and non judgemental

Smile, make eye contact RESPECTFUL CARE COUNTERACTS STIGMA

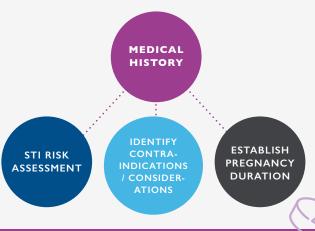
laden language

Say how common abortion is

Actively
listen, give
clear, accurate
information,
encourage
questions

Avoid assumptions and value

2. WHICH METHOD?



- Irregular/absent periods
- Uncertainty around LMP
- Risk factors or symptoms of ectopic pregnancy
- Consider if... hormonal or emergency contraception used or breast fed in last 3 months

SCAN OR EXAMINATION

### MEDICAL ABORTION

### CONTRAINDICATIONS

- Allergies to meds
- Severe asthma
- Inherited porphyria
- Chronic adrenal failure
- Known/suspected ectopic pregnancy

### CONSIDERATIONS

- Long term steroids
- Bleeding disorders
- Anticoagulant medication
- Symptomatic anaemia
- IUD in place

### SURGICAL ABORTION

### CONTRAINDICATIONS

- Inability to remove pregnancy via cervix

### **CONSIDERATIONS**

- Bleeding disorders
- Abnormal placentation
- Anticoagulant medication
- Severe cardiopulmonary disease
- Very high BMI
- Uterine cavity distortion
- Previous cervical surgery

### 3. FACILITATE CHOICE

Majority are sure about decision to have an abortion

# PROVIDER PREGNANCY INDIVIDUAL INDIVIDUAL RISKS FACILITIES/SKILLS DURATION CHOICE CIRCUMSTANCES



### TYPE OF ABORTION

<12 WEEKS

**MEDICAL** 

>12 WEEKS



Safe at home for most



Clinical facility for most

### aspiration

Manual or electric

Dilatation & Evacuation

≥I4 WEEKS

### POST ABORTION CONTRACEPTION

**SURGICAL** 

Surgical abortion > All methods can be started on day of procedure, immediately effective.

### POST ABORTION CONTRACEPTION

Medical abortion > All methods can be started at time mifepristone is taken except IUDs and vaginal rings; (insert after pregnancy expulsion)

### FURTHER SUPPORT > COUNSELLING

- Coercion
- Ambivalence
- Conflicting feelings
- Unsure of decision
- - No support
  - Community against abortion
  - Previous mental health problems

#### **FURTHER SUPPORT**

- Domestic abuse

<14 WEEKS

- Sexual exploitation
- REFERRAL
  - Trafficking
  - FGM
  - Capacity issues
  - Safeguarding

### 4. PROVIDE/ORGANISE ABORTION

- Explain process, side effects, risks
- Gain informed consent
- Examination and investigations
- Prescribe/fit/organise appointment for contraception if wanted
- Prescribe/arrange prescription for medical abortion Or Provide/book surgical abortion



