



# Dear PATIENT,

you are considering a medical termination of pregnancy or have already decided to go ahead with one. We are aware of your particular situation and would like to give you comprehensive information and support you appropriately.

Medical termination of pregnancy with Mifegyne® is an alternative to a surgical procedure (abrasion, suction aspiration method, curettage). The same statutory regulations apply to both procedures.

## WHAT IS MIFEGYNE® AND HOW DOES IT WORK?

Mifegyne® blocks the functioning of progesterone, thus preventing the further development of the pregnancy.

With a medical abortion, 36 to 48 hours after taking Mifegyne®, Prostaglandin (a hormone-like messenger substance) is also given in the form of a tablet. This results in an opening of the cervix, labor-like contractions, bleeding and thus to abortion of the fetus.

## UP TO WHAT POINT IS A MEDICAL TERMINATION POSSIBLE?

In our practice, we carry out a termination with Mifegyne® up to the 49th day after the start of the last menstruation – this equates to the 7th week of pregnancy. (It is medically possible to carry out medical termination up to the 63rd day. In this case, it is necessary to stay in a clinic as an outpatient.)

## MEDICAL PROCEDURE FOR TERMINATION OF PREGNANCY

**It is necessary to have three appointments with the doctor for a termination:**

### 1st appointment:

Consultation with the female doctor, examination and confirmation of pregnancy and the gestational age of pregnancy via ultrasound.

If the 7th week of pregnancy has not yet been reached and there are no medical or legal reasons against going ahead, you will receive a Mifegyne® tablet from us which you will take under the supervision of the doctor. This initiates the termination.

Normally, menstruation-like bleeding should begin within 1-2 days, due to the shedding of the uterine lining.

The taking of a Prostaglandin 36-48 hours after Mifegyne® can be done at home. We give you the tablets and a precise course of action to take away with you.

Generally, the fetus is aborted after approx. 3-4 hours, in rare cases after a few days. Bleeding can continue for up to two weeks.

### 2nd appointment:

A check-up approx. One week later via ultrasound determines whether the fetus has been fully aborted.

The **3rd appointment** after approx. 2-3 weeks takes place with your attending gynecologist. An ultrasound examination guarantees that no tissue remains in the womb.

## SIDE EFFECTS AND COMPLICATIONS

- Bleeding from the treatment can be heavier than from a regular period.
- It is common to experience abdominal pains with slight to moderate cramp-like discomfort.
- Nausea, vomiting and diarrhea is possible.
- In rare cases, skin rashes, headaches, hot flashes, dizziness, sensations of cold and fever are possible.
- In exceptional cases, the pregnancy tissue may not be fully aborted causing surgical abrasion of the uterus (curettage) to be necessary.
- **To prevent infection, you should not use tampons and you should avoid sexual intercourse for the period of bleeding.**

## WHEN CAN A MEDICAL ABORTION NOT BE CARRIED OUT?

- If the pregnancy is more advanced than 63 days (calculated from the first day of the last period);
- If there is a suspected ectopic pregnancy;
- In case of allergies towards any component of the drug;
- In the case of chronic (ad)renal insufficiency;
- In the case of severe and inadequately treated bronchial asthma;
- In the case of porphyria (a metabolic disorder).