

# How to Arrange an Abortion

## Step 1

### Does the person meet criteria?

There are no hard exclusions, but the following information will help you decide what the safest option is for each individual:

- |                                                    |                                                                                                                                                                                                         |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ✓ Person clearly requests termination of pregnancy | ✗ No anemia risk factors                                                                                                                                                                                |
| ✓ Person is able to follow-up and can be contacted | ✗ No undiagnosed pelvic/abdominal pain (ectopic pregnancy? STBBI? PID?)                                                                                                                                 |
|                                                    | ✗ No ectopic pregnancy risk factors: <ul style="list-style-type: none"> <li>• History of ectopic pregnancy</li> <li>• Tubal ligation or other tubal surgery</li> <li>• IVF pregnancy</li> </ul>         |
|                                                    | ✗ No symptoms of ectopic pregnancy: <ul style="list-style-type: none"> <li>• Unilateral pelvic pain</li> <li>• Spotting/bleeding</li> <li>• Shoulder tip pain</li> <li>• Pre-syncope/syncope</li> </ul> |
|                                                    | ✗ No IUD in situ                                                                                                                                                                                        |
|                                                    | ✗ No allergies to medications used                                                                                                                                                                      |
|                                                    | ✗ No metabolic issues (e.g., clotting anesthetic problems, liver or kidney disease)                                                                                                                     |



## Step 2

### Investigations

#### Last missed period (LMP):

- If the person indicates an EGA <77 days, no need for US.
- If unsure of LMP or measuring larger than expected, consider an US.

#### Qualitative BhCG to confirm pregnancy:

While not required, some outdated policies may call for quantitative BhCG for pre- and post- procedure measurements.



## Step 3

### Offer counselling

- Know the counselling options in your community. Some Public Health sites offer counselling.
- If counselling is not desired at this time, let the individual know that you are available to help them if they change their mind in the future.

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Course Material For:

**We All Have a Role to Play:**

**Increasing Access to Abortion Care in Canada**

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consider your own comfort level

#### Step 4

### Discuss abortion types & set expectations

- Introduce procedural and medication abortion options:
  - Risks and benefits of each
  - How they are done
  - What to expect during the process and afterwards (e.g., pain, nausea, bleeding)
- Review follow-up needs (serum BhCG or urine test) to ensure termination is complete without complications (failure, retained products of conception, persistent bleeding, etc.).
- Discuss contraception options going forward (give the person time to contemplate).

#### Step 4

### Refer

Know the referral options in your community that provide appropriate care and arrange to have the individual see someone else to continue their abortion care.

#### Step 5

### Medication abortion selected

- Describe the medication abortion protocol and follow-up to the individual. Offer to have the person take their mifepristone in your office or at home, whichever they prefer.
- Provide written instructions with illustrations for the person to take home with them. See [Resources and setting expectations](#) for more information and examples.
- Resources for providing abortions:
  - [SOGC Guidelines](#)
  - [Medical Abortion Prescriber Checklist Resource Guide](#)
  - [Medical Abortion Prescriber Checklist](#)

#### Step 5

### Procedural abortion selected

Know the referral options in your community and arrange for the individual to see someone with the necessary skills/privileges.

#### Step 6

### Provide prescriptions

Provide prescriptions for abortion medications and pain management.

#### Step 7

### Follow up

- Follow up to assess pregnancy resolution may include bloodwork (BhCG) or urine pregnancy test. Discuss the options with each individual and determine what is feasible for them.
- Discuss the potential of medication abortion failure and next steps.

#### Course Material For:

[We All Have a Role to Play:](#)

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