

# 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
- ✓ Person is able to follow-up and can be contacted
- ✗ No anemia risk factors
- ✗ No ectopic pregnancy risk factors:
  - History of ectopic pregnancy
  - Tubal ligation or other tubal surgery
  - IVF pregnancy
- ✗ No symptoms of ectopic pregnancy:
  - Unilateral pelvic pain
  - Spotting/bleeding
  - Shoulder tip pain
  - Pre-syncope/syncope
- ✗ 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:

- Only a qualitative BhCG is needed 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- While not required, some outdated policies may call for quantitative BhCG for pre- and post- procedure measurements.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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consider your own comfort level

