

The Bay Centre for Birth Control offers women an abortion care program with a number of choices. Key features are described below. Staff will discuss these choices with you so that you can choose the option best for you.

	Methotrexate and Misoprostol	Manual Vacuum Aspiration (MVA)	Vacuum Suction Curettage (VSC) – Dilatation & Curettage (D&C)	Vacuum Suction Curettage (VSC) and Dilatation & Evacuation (D&E)
# of weeks from last menstrual period	up to 6 weeks and 6 days	up to 8 weeks	6 weeks to 14 weeks and 3 days	6 to 20 weeks
Where	Bay Centre and some other clinics	Bay Centre and some other clinics	Bay Centre / hospital	Free-standing specialized clinics
Procedure	Medical	Surgical	Surgical	Surgical
How	2 drugs are used: Methotrexate is injected by needle into the hip muscle. It stops the growth of the pregnancy. Misoprostol tablets are inserted into the vagina at home 5-7 days later. This causes the uterus to contract and expel its contents, usually within 24 hours, at home. However, in about 35 per cent of cases, it can take several days or weeks.	A flexible tube attached to a plastic syringe is inserted into the vagina and uterus. The syringe creates suction and removes the contents of the uterus.	A laminaria or medication will be necessary either the day before or morning of surgery. For the abortion at hospital, gentle suction is applied to an instrument inserted into the vagina and uterus.	VSC/D&E are similar to a D&C. Gentle suction is used to remove the pregnancy. An instrument is inserted into the vagina and uterus. A laminaria preparation maybe used in procedures after 12 weeks. This may require an extra appointment.
Medications for pain relief	Tylenol # 3 (with codeine) is given for relief of cramping.	A combination of pills for pain and relaxation is given about 1 hour before the MVA. A local anesthetic is injected into the cervix of the uterus at the time of the surgery. You are awake for the abortion.	General anesthetic is given intravenously. You are asleep for the abortion.	Medication is given for pain & relaxation and local anesthetic is injected into the cervix. Intravenous pain medication may be used as well. You are awake for the abortion.
Number and approximate length of time for appointments	4-5 appointments over one month: • pregnancy assessment and counselling with a physical exam, infection check, blood tests and ultrasound (3-4 hours) • methotrexate injection (1/2 hour) • blood test in 1 week if necessary (15 min.) • followup 2 weeks after injection 1 hour • followup appointments if necessary	3-4 appointments: • pregnancy assessment & counselling with a physical exam, infection check, blood tests and ultrasound (3-4 hours) • MVA procedure (4 hours in clinic) • blood test in 2 days if necessary (15 min.) • followup exam 3 weeks later (1/2 hour)	4 appointments: • pregnancy assessment and counselling with a physical exam, infection check, blood tests and ultrasound (3-4 hours) • preparation for surgery at the Bay Centre (1 hour) • abortion at hospital (4-5 hours) • followup exam 3 weeks later (1/2 hour)	1-3 appointments: • You can come to the Bay Centre for pregnancy assessment and referral (1 hour) or call the clinic directly. • VSC at the clinic (3-4 hours) (D&E varies - call clinic directly for info) • followup exam 2-3 weeks later (1/2 hour)
Risks In general, having an abortion is no riskier than carrying a pregnancy to full term.	In some cases, surgery may be required if the drugs have not worked and the abortion is not completed.	About a 1% risk of missing the pregnancy because it is early. About a 1% risk from complications such as infections, severe bleeding or perforation of the uterus.	About a 1% risk of complications such as infection, severe bleeding or perforation of the uterus.	About a 1% risk of complications such as infection, severe bleeding or perforation of the uterus.
Other information	Minor side effects from the drugs can include nausea, vomiting and fatigue. You must avoid certain foods for 1 week.	You may eat up to 2 hours before your arrival time; clear liquids are ok until the time of the abortion. A friend can come with you to the clinic for support.	Each hospital has special fasting rules prior to the surgery. The hospital requires that someone picks you up and takes you home.	Each clinic has its own instructions. You should call their 24 hour information lines first. Telephone numbers are available at the Bay Centre.

* If over 20 weeks pregnant, contact Bay Centre as soon as possible for abortion options.