

### Additional information

The Bay Centre for Birth Control will make referrals to gynecologists in private practice when a woman's health condition requires. We can provide a referral letter for tubal ligation to a private gynecologist.

### Care after an abortion

After any abortion, some bleeding, cramping or pelvic pain for a week or two is possible.

For any severe symptoms, you should call us at 416-351-3700. You can also go directly to the emergency department of your local hospital.

Your menstrual period should return in 4 to 6 weeks. During this time you can get pregnant if you have unprotected intercourse.

A post-abortion checkup 3 weeks later to confirm that the procedure is complete is strongly recommended.

Counselling for further information, support and resources is also available.

### Cost

The Bay Centre for Birth Control abortion options are covered by your Health Card. If you do not have this coverage, there may be a fee involved. Other abortion clinics may charge a fee in addition to the Health Card. Staff have information on the different costs and arrangements available.

The Bay Centre for Birth Control also offers confidential care for safer sex, sexuality and sexual health issues.

For example:

- birth control information and methods
- pregnancy assessment, decision making counselling and options referral
- testing and treatment for sexually transmitted infections
- hepatitis B immunization
- anonymous HIV antibody testing, including point-of-care testing which gives immediate result
- contraceptive methods at lower cost and free condoms
- breast examination

Our staff includes physicians, registered nurses, ultrasonographer, a social worker, Planned Parenthood of Toronto (PPT) staff and volunteer counsellors and support staff.

As a teaching facility, we have supervised residents, fellows, medical and nursing students working within the clinic.