

HOW MUCH DOES IT COST?

In Canada, abortions are a medical service, covered by most provincial health plans, including the Ontario Health Insurance Plan (OHIP). If you do not have OHIP and are getting an abortion in Ontario, you may have to pay. The cost will vary for the procedure. If you are an international student or a new arrival in Canada, you may have insurance that will cover the cost of the procedure.

PHYSICAL RECOVERY

If you have had an in-clinic abortion with a local anesthetic, expect to take up to 30 minutes for recovery before you go home. Recovery from a general anesthetic takes longer. Period-like bleeding and cramping may continue for around 7-10 days.

If you have had a medical abortion, the majority of the pregnancy will pass 6-8 hours after taking the second medication. The other side effects of the medication (like nausea), will lessen after this. Period-like bleeding and cramping may continue for around 2-3 weeks.

It is important to visit a doctor for a follow-up exam 2 -3 weeks after the procedure. If you're interested, this may be a good time to discuss birth control, since most people can become pregnant 2-3 weeks after an abortion.

EMOTIONAL SUPPORT

People may experience a combination of feelings. All feelings are natural and can be heightened during pregnancy and right after an abortion when hormones are changing.

You can talk to trusted friends and family for support if you feel comfortable, and you can always contact Planned Parenthood Ottawa for free, non-judgmental, pregnancy options counselling and/or post-abortion support. You can reach our Options Line at **613-226-3234 ext:101**.



// **Action Canada for Sexual Health and Rights:**

1-888-642-2726,
access@sexualhealthandrights.ca

// **National Abortion Federation (CAN):**

1-800-772-9100 www.prochoice.org

// **Morgentaler Clinic:** 613-567-3360 and/or
<http://www.morgentaler.ca/ottawa.asp>

FOR MORE INFORMATION

// **Planned Parenthood Ottawa**
(613) 226-3234
www.ppottawa.ca
ppottawa@ppottawa.ca

ABORTION



Deciding whether or not to have an abortion isn't always easy. Knowing the facts and what to expect may help you decide what's right for you.

WHAT ABOUT IN-CLINIC ABORTION?

In-clinic abortions are offered in Ottawa up to the 20th week of pregnancy. At the Hospital the procedure involves two separate appointments. A general anesthetic is used so you are unconscious during the procedure. At the Clinic the procedure may involve one appointment or two separate appointments depending on how far along the pregnancy is. A local anesthetic is used to freeze the cervix, so patients remain awake, but drowsy. Anti-anxiety medications are also available if you wish to calm your nerves.

WHAT ABOUT MEDICAL ABORTION?

Medical abortions are available in Ottawa up until the 10th week of pregnancy. The medical abortion process is likely to involve multiple medical visits, likely to include assessment, counselling, referral, ultrasounds, blood work, and follow-up. Two medications are taken to end the pregnancy. There are a number of medical abortion providers in Ottawa, but we are only able to provide information about them over the phone. You can call **613-226-3234 ext:101**, to reach us.

WHEN AND WHERE ARE ABORTIONS PROVIDED?

In Ottawa, abortions can be done in clinics, hospitals, or completed inside one's home, depending on whether it's a medical or in-clinic abortion. Medical abortion is available until 10 weeks of pregnancy, whereas an in-clinic abortion is available until 20 weeks of pregnancy. There are a few abortion providers in Ottawa, but we are only able to provide information about them over the phone. You can call **613-226-3234 ext:101**, to reach us.

ARE ABORTIONS SAFE?

Abortions performed by qualified practitioners are very safe. They are one of the safest medical procedures today. Getting an abortion earlier in the pregnancy may cause less physical discomfort, but abortions in the second trimester are also safe. Complications are rare, but like in any surgical procedure, they are possible – you can find facts about possible complications by contacting a local abortion provider, or accessing the National Abortion Federation's website. There is no evidence to suggest that an uncomplicated abortion will have any effects on a person's future fertility.* People who have one abortion or more will still be able to get pregnant after the procedure. In the rare case that a complication arises, the person will need to consult the physician regarding possible effects on fertility.

WHO WE ARE

Planned Parenthood Ottawa is a pro-choice organization supporting informed sexual and reproductive health choice through education, counselling, information and referral services.

OPTIONS SUPPORT COUNSELLING

Planned Parenthood Ottawa offers Pregnancy Options Counselling that can provide you with information and support from trained volunteers. You can book an appointment by calling **613-226-3234 ext:101**. At the appointment, the support counsellor will discuss any questions and concerns you may have. This counselling service is free, confidential, non-judgmental and pro-choice. We are there for you, to support whatever choice is right for you at this time in your life.

WHAT IS AN ABORTION?

An abortion is the ending of a pregnancy by a healthcare provider removing the contents of the uterus. There are two kinds of abortion available in Ottawa : In-clinic abortion and medical abortion.

