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The clinic can be contacted by telephone daily between 09.00 and 16.30 hours. Outside these hours you can consult a doctor via the family doctor centre.

Anonymity

Your family doctor and health care insurance are not informed of your treatment at the clinic.

You will be given a letter with information about your treatment. You may give this to your (family) doctor.

Check-up

After 4 weeks a check-up is necessary to see if the treatment was successful.

This check-up can be carried out by your family doctor or by a doctor at our clinic.

A pregnancy test must always be carried out to show that there are no more pregnancy hormones present.

There is no benefit in carrying out a pregnancy test within 3 weeks of the treatment because the pregnancy hormone is usually still present.

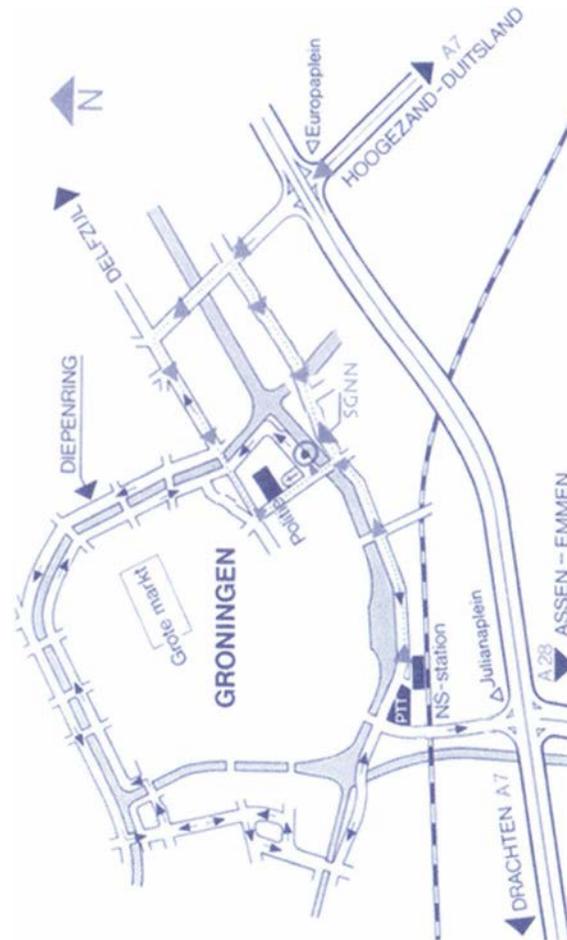
If you are having difficulty coming to terms with any of this, we recommend you contact our clinic or your family doctor. You may experience these problems long after the treatment. It is recommended that you also seek help then.

Finally, if you have any complaints, please do not hesitate to contact us. You can direct your complaint to the clinic or in writing to the complaints committee. The address is displayed on the notice board in the waiting room.

The costs

If you are a resident in the Netherlands a pregnancy termination is free of charge. The costs are reimbursed by the AWBZ.

If you do not reside in the Netherlands, you can obtain information about the costs at the clinic.



CENTRE FOR SEXUAL HEALTH
NORTHERN REGION OF THE
NETHERLANDS STIMEZO/SGNN

Radesingel 11,9711 ED
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More information please see our website: www.csgnn.nl

If you are pregnant and you do not wish to proceed with this pregnancy, there is a possibility to have an induced abortion. At our clinic this treatment can take place up to 13 weeks calculated from the first day of the last menstrual period.

Up to and including 16 days overdue (number of days that the expected menstrual period is late) you can be considered for suction curettage = an early abortion without the need for any legal reflection time.

This treatment is usually possible from 12 days overdue.

If you are **overdue for more than 16 days** the pregnancy termination law 'Wet Afbreking Zwangerschap' requires 5 days "**reflection time**" between the first consultation with a physician during which you discussed your intended termination and the treatment day. For such a consultation and a referral you can make an appointment with your family doctor or with our clinic.

Immediately after this first contact with the family doctor or with us we can agree a treatment date.

If you have a treatment appointment and you lose blood before then, we recommend you phone us for further advice.

The treatment

In **suction curettage** a thin tube is inserted into the cervix via the vagina to suck the contents out of the womb. This is carried out under a local anaesthetic, not a general anaesthetic. The treatment takes approximately 10 minutes whereby during the last 2 minutes severe cramps occur. These usually disappear quickly after the treatment. You will be monitored for approximately half an hour in the recovery room.

You will receive more details about the treatment method at the clinic and you can consult the website.

Initial consultation and examination

After you have been welcomed and registered you have a consultation with a physician/nurse to discuss your decision and provide you with information about the possible treatment methods. You can discuss all your questions and decide after that whether and how you will proceed with the treatment.

There will also be a discussion about future contraceptives you may wish to use. A coil can (usually) be placed immediately after a curettage.

In order to determine the exact length of the pregnancy the physician will carry out a (vaginal) ultrasound scan and an internal examination.

If the pregnancy is not yet (properly) visible, treatment will be delayed for 1-2 weeks.

If the treatment cannot take place at our clinic or you decide to proceed with the pregnancy or if you still have doubts, we will help you to find the necessary support.

Things to take with you to the clinic

- valid health care insurance card or proof that you reside in the Netherlands, for example, a certificate of residence from the local authority
- if possible a letter from the family doctor
- if possible information about your blood group
- if you wish a curettage: a night dress or long T-shirt, underwear, sanitary towels (no tampons), towel and face cloth, extra socks or slippers. Perhaps something to eat for after the treatment.

You are welcome to bring someone with you for support. Unfortunately no male supporters can be present in the recovery room, in view of other women's privacy.

After the treatment

Going home

We do not recommend driving a car or riding a bicycle.

We recommend that you take it easy on the day(s) of the treatment and the day afterwards and to avoid any heavy physical activities in the first week.

Blood loss and abdominal pain

Blood loss after a termination varies a lot. It may be heavier than a normal menstrual period and may take longer. Sometimes there is no blood loss at all or only a brown discharge for a few weeks.

It is normal to have menstrual type abdominal pain after the treatment. Sometimes this is severe. You may use pain relief (Paracetamol or Ibuprofen).

The first menstrual period can be expected 4 to 6 weeks after the treatment.

Antibiotics

After the treatment you are usually given a precautionary course of antibiotics to limit the risk of infection.

Things you must not do:

After the suction curettage you must not use any tampons for 1 week, have no vaginal sexual intercourse and must not swim/bathe (having a shower is allowed).

Contraceptives

If you had a suction curettage and you have chosen the contraceptive pill, you start taking it on the day of the treatment.

Pregnancy problems

Nausea and a tense feeling in the breasts will disappear in a few days.

Bear in mind that as a result of the sudden hormonal change you may feel listless, unstable or tired.

Abnormalities

We advise you to contact our clinic or your family doctor:

- if you have extreme discharge or a lot more abdominal pain than is normal for you during your menstrual period.
- if your temperature is above 38.5 °C