

Unplanned Pregnancy Counselling

Background: 40% of pregnancies are unplanned, 50% of those end in abortion (100,000/year)

Cover four topics

1. **Options:** Have you considered the other options? How do you see yourself in 5 years if you have an abortion or a baby?
2. **Issues:** What about your relationship, your religion, your career, your plans to have children in the future?
3. **Information:** Do you know about medical, surgical abortions, where to go, follow-up?
4. **Contraception:** Let's find something which does not give you side effects and will fit into your lifestyle and relationship.

Most common questions about abortion

1. Will I be able to have children in the future?

Fertility returns quickly (8+ days!)

No decrease in fertility in the women who have no major complications (1/1000)

2. How will I feel afterwards?

Emotionally: Most women experience great relief. There may be mixed feelings, teariness for a few days, worries about relationship, financial, school or work problems.

Physically: May have bleeding and/or cramping on and off for about 2 weeks, especially 4-10 days post-procedure. Nausea is gone in 1 day, other symptoms 1-2 weeks.

At 2 weeks, most women are well.

3. How risky is abortion?

Surgical abortions: <1% require additional procedure. **1 death in the past 30 years** (asthma).

Medical abortions: 5% have surgery. **1 death in past 20 years** (infection)

Births: Canadian maternal mortality rate per year is 6.1 per 100,000 live births or **23 maternal deaths each year**. 5% obstetrical trauma such as laceration of cervix, injury to urethra requiring repair or causing disability