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## WHAT TO EXPECT DURING YOUR SURGICAL ABORTION VISIT

**THANK YOU FOR CHOOSING DESERT STAR FAMILY PLANNING!** You are the most important person involved in your health care and we welcome your participation. Nearly half of all American women will have an unintended pregnancy by the age of 45 – you are not alone. We strongly support your ability to decide what's best for you. We will treat you with excellent medical care and respond to your needs as best we can.

**We will try to make your stay with us as comfortable and brief as possible.** Most of our patients can plan to be here for approximately 3 hours. There is some waiting time between the stages of your medical work up and we advise you to read all the accompanying information while you're waiting.

### PAYMENT

We require the entire fee be paid before the abortion. Payment must be made in either cash, money order, or credit card (Mastercard, Visa, Discover, and debit cards). Our fees include pre-operative medications and sedation for the procedure. You may have additional fees if the physician or medical staff find you need extra medications or testing (ie: Rhogam injection). If the abortion procedure is not performed due to patient request or physician advice, you will be responsible for payment of services rendered such as counseling, medications administered, and lab tests. All other fees will be refunded.

### COUNSELING

You will meet with a counselor to discuss the abortion procedure, how to take care of yourself afterwards and any concerns you may have about your abortion. Legally we must obtain your written consent for the abortion. **An abortion will not be performed on any woman who does not want one, regardless of age.** The counselor will discuss birth control options and review your post-op instructions.

### BIRTH CONTROL

We offer prescriptions for the birth control pill, patch, and ring, and provide Depo Provera birth control injection, Nexplanon contraceptive implant, and Mirena and Paragard IUD insertion to our patients after the abortion is finished. Please let a staff person know if you are interested.

### PAIN MANAGEMENT OPTIONS

**Local Anesthesia:** The physician will administer an injection of numbing medication into your cervix. You can expect to have cramping during the procedure.

**Oral Anxiety and Pain Medications:** You may choose this option if you would not like to have IV sedation. These medications are in addition to the local anesthesia.

**Conscious IV Sedation:** Medication is injected into your vein. It will help you with pain and relaxation—you will not be asleep during the abortion. The IV Sedation is in addition to the local anesthesia.

**REMEMBER: For any type of relaxation medications you MUST have someone to escort you home.** You cannot drive or take a taxi home alone. You also must have had nothing to eat for 4 hours. Your escort must check in to your appointment with you.

### PROCEDURE

The physician will perform a pelvic exam to determine the exact position of your uterus and will use a suction cannula and/or other specialized instruments such as forceps to remove the pregnancy from the uterus. The entire process will take 5-15 minutes.

### AFTERCARE

Following the abortion you will be escorted to the recovery room. Your vital signs will be monitored and you will be in the recovery room until you feel ready to go home (usually about 20-30 minutes). Cramps are expected, as the uterus must return to its normal size after the pregnancy is removed. **Heating pads are available to take home at a nominal cost.**