

## Kelowna General Hospital Women's Services Clinic

The Women's Services Clinic provides surgical abortion services in a supportive, non-judgmental and confidential setting. We provide surgical abortions up to 13 weeks and 6 days from your last menstrual period. We use conscious (awake) sedation and local anesthesia for managing pain. Your clinic visit may take up to four hours. The Women's Service Clinic does not provide medical abortions.

### Book an Appointment

Please leave us a message at **250-980-1399**

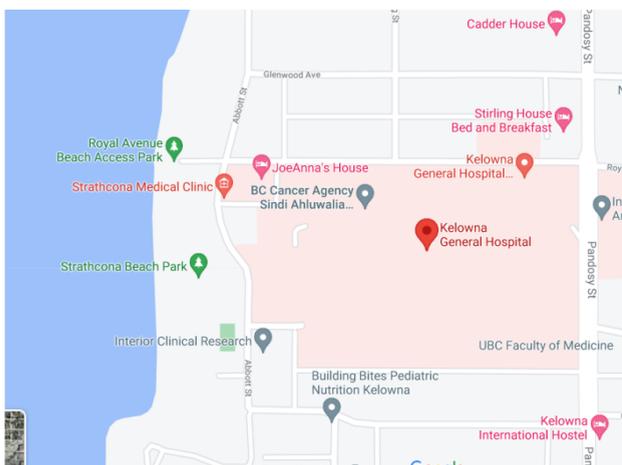
We will call you back between 8:30 am and 2:30 pm Monday, Tuesday or Thursday and 8:30 to 11:30 pm on Wednesdays.

Have your CareCard number available. If you do not have a CareCard or you are not from British Columbia, please inform the booking clerk.

- Booking your appointment will take 10 to 15 minutes.
- You must make your appointment yourself. You will be asked questions about your personal and medical history, including this pregnancy.
- You will need two pieces of identification to enter the clinic. One piece must be photo ID and the other, your BC CareCard. If you do not have ID please tell the clerk while you are booking your appointment.

### Find Us

#### Kelowna General Hospital



2268 Pandosy Street  
Kelowna, BC V1Y 1T2

### Fees

Abortion procedures are covered through the Medical Services Plan of BC. If you are not sure of your coverage refer to <http://www.health.gov.bc.ca/msp/>.

If you do not have a BC CareCard please discuss the cost with our clerk when they call you back.

Please read the following information to help you prepare for your appointment.

#### Before the Day of Your Procedure

- Plan to be at the clinic for up to three hours on the day of your abortion, and plan to rest at home until the next day after your abortion is done.
- Most women find it helpful to take the next day off from work. We can provide a sick note if needed.
- Do not drink alcohol or use street (recreational) drugs for 24 hours before your appointment.
- Have a supply of sanitary pads at home (not tampons).
- Plan to have someone to drive you home or accompany you in a taxi or on public transit.
- Do not drive for 24 hours after your abortion (medications for pain control cause you to be impaired).

#### On the Day of Your Procedure

- Bring two pieces of identification with you. One piece must be photo ID, and the other, your BC CareCard.
- If you do not have BC Medical Plan coverage or are paying extra fees, please bring a debit card, credit card, or cash in the correct amount (ATM machines are available on site).
- You may bring one escort only. Your escort may leave a phone number to be contacted when you are ready to leave the clinic.
- Have a bath or shower prior to coming to your appointment.
- Do not use scented body products.
- Clothing:
  - Wear a short-sleeved top and regular underwear (no thong-style panties).
  - Wear flat shoes (no high heels).
  - Bring warm socks and a sweater (the clinic is air-conditioned and may be chilly).
- Cell phones must be turned off while inside the building.
- You may bring a personal music device such as an iPod, or reading material such as a book or magazine.
- You may bring a snack to eat following the procedure.
- Children are not permitted inside the clinic area.

#### What to expect at your appointment:

- After checking in you will see a staff member who will provide information, decision-making counselling (if needed), and birth control information. The counsellor will review the consent form with you. After you have signed the form, you will move to the pre-procedure area.
- A nurse will review your history, and provide pre-procedure medications (a mild pain medication and an antibiotic). Depending on how far along you are, you may require a medication that slowly opens your cervix. You will have a small intravenous inserted (for other medications to control pain and anxiety).

- In the procedure room, the doctor will review your history and ensure that you are comfortable with going ahead with the abortion.
- An ultrasound may be done at this time, to give information about the size and/or age of the pregnancy. A local anesthetic will be used to numb your cervix and medication to keep you comfortable will be given through the intravenous tube. Tests for sexually transmitted infections (such as chlamydia and gonorrhea) will also be done prior to the abortion procedure.
- The opening of your cervix will be gently dilated (enlarged), and a small suction tube will be used to remove the contents of your uterus. This part of the procedure takes about five minutes.
- Once the abortion is complete, you will be escorted to the recovery room where you will rest for 30 to 60 minutes, following which you will be able to leave the clinic.

## Taking Care of Yourself

After you leave the clinic, it is a good idea to rest for the remainder of the day, and avoid strenuous activity for a few days. Many people find it helpful to take the next day off from work or school.

Because the medications you have been given will stay in your system for several hours, you must avoid driving or operating any mechanical devices, and avoid alcohol and street drugs for 48 hours.

You can get pregnant again soon after an abortion. You can start using a birth control method immediately.

## What you can expect following your abortion:

### Bleeding:

You may have light bleeding, for 1 to 2 weeks. The bleeding may be light at first, then it may become heavier after a few days. Some women have very little or no bleeding, which is also normal.

Your period will return in 4 to 6 weeks (sooner if you start birth control pills, the Patch or the vaginal ring). Your period may be delayed if you have a Depo Provera injection, Implant or an IUD inserted.

### Cramping:

You may have period-like cramping or pain for 1 to 2 weeks following your abortion. You may use acetaminophen (Tylenol®) or Ibuprofen (Advil® or Motrin®) for pain. Do not use Aspirin®.

### Body Changes:

Most of your pregnancy symptoms will go away within a few days, but some (such as breast changes) may last longer if you are starting hormonal birth control.

Changes in your mood may be related to the changes in hormone levels and will be short term. It may take a few weeks for complete physical and emotional recovery.

## For the next week we recommend:

- NO swimming pools or hot tubs
- NO swimming in the Ocean or lakes
- NO bath tubs
- Showers and sanitary pads are OK
- NO douches or vaginal spray
- NO vaginal sex
- NO tampons

\*Listen to your body, use common sense, and let how you feel be your guide\*

## When to call if you are worried about your recovery:

If you have any of these problems:

### Too much bleeding:

- More than 3 pads soaked in 2 to 3 hours;
- Blood clots larger than a lemon.

### Signs of Infection:

- Fever higher than 38°C. (100.4°F.);
- Chills or shivering;
- Unusual, bad smelling discharge from your vagina

### Other:

- Severe pain (not controlled by medication or comfort measures);
- No period by the end of 6 weeks (unless you have had a Depo Provera injection, Implant or a hormonal IUD inserted);
- Pregnancy symptoms that persist after 2 weeks

## Follow Up:

Routine follow up after your procedure is not required. If you have any concerns after your abortion, please contact the clinic or the 24-hour emergency line given to you at your visit.

If you have a concern about your contraception or require further contraceptive counselling after your procedure, please contact a health care provider (family doctor, youth clinic, OPT clinic, or walk-in clinic) or for further abortion related counselling, call the Pregnancy Options Service (POS) at 1-888-875 3163 to speak with a counsellor.