

Safety: Abortion is very safe if done by an experienced health worker. In India, only a doctor can perform an abortion, and this should be done under clean conditions, and with proper instruments.

Abortion is often difficult to get because, there are not enough service providers and facilities. Those providers who do provide abortion services may charge a lot of money or not even be legal providers of safe abortion services.

If you are helping someone decide about an abortion

She needs respectful advice and friendly support. Do not tell anyone else, not even her family members, about her decision unless she wants others to know.

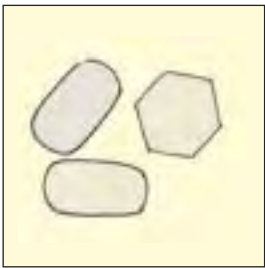
Abortion is unsafe when it is done:

- By someone who has not been trained to do it.
- With the wrong instruments or medicines.
- Under unclean conditions.

The later in pregnancy the abortion is undertaken, the more risky it becomes.

Methods: All these methods can only be done by a trained, legal provider

- **Medical Abortion:** This can be done only in very early pregnancies less than seven weeks or 49 days after last missed period. The woman is advised to take tablets, but this should be prescribed by and supervised by a legal provider.
- **Manual Vacuum Aspiration:** This method involves the woman staying in the health facility for a few hours. It can be done up to eight weeks of pregnancy.
- **Dilatation and curettage (D and C):** This method can be done up to 12 weeks of pregnancy. It is associated with a higher risk of complications.



Post-abortion care

You should advise women

- To avoid sex or putting anything in the vagina for at least five days after the abortion.
- Drink plenty of fluids for faster recovery.
- Some bleeding from vagina for up to two weeks is normal, but it should be light. Next monthly period will be after 4-6 weeks.
- That the risk of pregnancy exists as soon as intercourse is resumed regardless of monthly period. Therefore a contraceptive should be used.

