

Pregnancy Termination Services

Kaiser Permanente Northwest

# Pregnancy Termination

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- Almost half of all pregnancies are unplanned, and 40% of unplanned pregnancies end in pregnancy termination.
- 1 in 4 women in the United States will have a pregnancy terminated by age 45.
- **Pregnancy termination is common. You are not alone if you are considering terminating your pregnancy.**



# Pregnancy Termination Services

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- Kaiser Permanente offers pregnancy termination and birth control (contraception) care.
- You will be treated warmly, respectfully, and without judgment.
- Your options for pregnancy termination care depend on how far you are in the pregnancy, your health history, and your personal preferences.



# Pregnancy Termination Services

At your appointment:

- You will have an ultrasound and exam to determine how far you are in the pregnancy.
- More tests or ultrasounds will be ordered if the clinician thinks they are necessary.
- You and your clinician will review your pregnancy termination options.
- Your questions will be answered.

## Pregnancy Termination Services

Kaiser Permanente offers 3 types of pregnancy termination methods — medication, suction (dilation and curettage or D&C), and dilation and evacuation (D&E).



# Pregnancy Termination Services

## Medication

Available up to 10 weeks of pregnancy

Take a pill in the medical office and another set of pills at home 12 to 72 hours later to start bleeding and cramping like a miscarriage

Be in the comfort of your home and hopefully avoid a procedure

5% risk (1 in 20 people) that not all pregnancy tissue will pass, so may need more medication or the dilation and curettage (D&C) procedure

No risk to fertility or pregnancies in the future

Any birth control can be started immediately, except the intrauterine device (IUD), which can be placed at the follow-up visit

Will need a follow-up visit in 1 or 2 weeks to confirm that all pregnancy tissue has passed



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## **Suction (dilation and curettage, or D&C)**

Available up to 15 weeks of pregnancy

Get pain and anxiety medications for a procedure in the office or get IV medications for a procedure in the day surgery center

Heavy cramping is experienced during the procedure, but only for a short time

Fewer than 1 person in 100 has heavy bleeding, infection, or injury to the uterus

Minimal risk to future fertility, and no risk to future pregnancies

Any birth control can be started immediately, including the IUD, which can be placed at the time of the D&C

No follow-up visits are needed as long as you feel well

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## **Dilation and evacuation (D&E)**

Available from 15 to 24 weeks of pregnancy

Receive medication and/or cervical dilators in the office the day before the procedure to prepare the cervix

D&E occurs in day surgery center with IV pain and sedation medications

Fewer than 1 person in 100 has heavy bleeding, infection, or injury to the uterus

Minimal risk to future fertility, and no risk to future pregnancies

Any birth control can be started immediately, including the IUD, which can be placed at the time of the D&E

No follow-up visits are needed as long as you feel well



# Women's Health Counseling

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- There can be many complex emotions and experiences facing you during your pregnancy termination care.
- If you would find it helpful to have further emotional support, our care program offers women's health counseling services:
  - Pregnancy options counseling
  - Emotional support before, during, and after pregnancy termination care
  - Therapeutic procedure support
  - Pregnancy partner support
  - Trauma-informed care
  - Crisis intervention and resource referrals



# Birth Control

Finding a method of birth control that works well for you is important for preventing unplanned pregnancies. There are lots of options to consider. You and your clinician can discuss them so you can choose a method that is right for you.

You can start by reviewing these resources before your appointment:

- This video is about 23 minutes long. It offers a general overview of all available options: [Birth Control Options](#)
- Watch a short video on IUDs: [IUD Video](#)
- Watch a short video on Nexplanon: [Nexplanon Link](#)
- [bedsider.org](#) is a great website for general information about all your options

# Pregnancy Termination Services

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- If you are ready to schedule an pregnancy termination appointment, please do so online or call 1-855-285-4246.
- If you would like to talk more about if a pregnancy termination is right for you, please call our women's health counselor at 503-826-7629.

