

Patient Handout

Are you thinking about an abortion but don't know where to start? This guide will help you make a plan. There is no age restriction, and no additional caregiver/guardian consent is required. No matter your age, it is your body, and it is your decision.

I'm thinking about an abortion.

Do you have a family doctor and are you comfortable meeting with them for this reason?

Yes

Book an appointment with your family doctor. They know your medical history and can support you and your needs.

Once you've met with your health care team, you can expect:

- To review your medical history
- To have a physical examination, ultrasound, blood tests, and other tests that will help you and your team plan next steps
- To talk over your options
- To be connected to helpful services

No

Clinic	Contact	Type of Abortion Offered	Cost
Crown Point Midwifery	crownpointfhc.ca 905-481-0707	Medical	No cost
Hamilton Health Sciences Termination of Pregnancy Clinic	905-389-5068 womensclinic@hhs.c.ca Termination of Pregnancy Clinic - Hamilton Health Sciences	Surgical	No cost
Hamilton Women's Clinic	905-540-1900 info@hwclinic.org https://www.hwclinic.org/contact/	Medical	\$50

Clinic	Contact	Type of Abortion Offered	Cost
Hamilton Birth Control Clinic	905-525-1677 hessvillage@mci-med.com Hamilton Birth Control Clinic HBCC	Medical Virtual service available	No cost
SHORE	519-743-9360 https://www.shorecentre.ca/	Medical Located in Kitchener but provide virtual service	No cost

I want to end my pregnancy. What are my options?

	Medical Abortion	Surgical Abortion
What is it?	The abortion pill, called Mifegymiso, causes the uterus to get rid of the pregnancy	A doctor removes the pregnancy
How far along in pregnancy can I be?	Up to ~11 weeks* *This may vary depending on the clinic	Up to ~24 weeks *This may vary depending on the clinic

	Medical Abortion	Surgical Abortion
What is the process and how long will it take?	<p>You will need to take two pills:</p> <ol style="list-style-type: none"> 1. Mifepristone: this pill, which is taken by mouth, will cause the pregnancy to detach from the uterine wall. 2. Misoprostol: this tablet can either be taken by mouth or placed inside your vagina causes your uterus to contract/cramp to get rid of the pregnancy. You take this tablet 24-48 hours after the first pill. <p>For most people, the whole process lasts less than a day</p>	<p>Depending on the clinic/hospital, you will get general anesthesia (where you are put to sleep) or local anesthesia, painkillers, and conscious sedation (where you are groggy or calmed, but awake). Your cervix is then gently opened and a tube provides gentle suction to remove the pregnancy tissue from the uterus.</p> <p>This procedure takes 2-15 minutes and does not require stitches or cutting.</p>
Is it painful? Will I bleed?	<p>You can expect passing clots, bleeding and cramping that is heavier and more painful than a typical period. You and your health care team will talk about things that help with any pain.</p>	<p>You can expect mild to very strong cramping during the procedure and some light to moderate bleeding and/or spotting. You and your health care team will talk about things that help with the pain.</p>
Where will it happen?	<p>You and your health care team can make a plan to determine where and when to take your medication. You may feel most comfortable taking it at home, at the clinic, or another supporting and comforting environment.</p>	<p>Depending on how far along you are, doctor availability, and other factors, you will be referred to one of the following clinics: Niagara Falls Hospital, St. Catharines Site Niagara Health, Hamilton Health Sciences Women’s Clinic at McMaster, Mississauga Women’s Clinic, The Morgentaler Clinic, Victoria Hospital Women’s Health, Women’s College.</p>

You can learn more about your options by visiting [Planned Parenthood: ppt.on.ca/factsheets/abortion/](https://ppt.on.ca/factsheets/abortion/)

I've decided what kind of abortion I want. Now what?

Depending on what type of abortion you have chosen your health care team will talk about next steps with you.

Medical Abortions:

Your doctor will write you a prescription for Mifegymiso and discuss a plan for how, when, and where you will take your medication. They will also plan next steps, including a follow-up visit and a follow-up test to confirm the medication worked properly.

Surgical Abortion:

Your doctor will refer you to the appropriate clinic/hospital where you will book your procedure. They will also plan next steps, including a follow-up visit with either your doctor or at the clinic/hospital where you received the procedure.

What happens after the abortion?

You will have a follow-up appointment with your health care team to check over your physical and mental health needs.

You can connect with various free resources including:

- All-Options, a non-directive counseling phone line, at 1-888-493-0092
- Exhale, a Pro-Voice phone line, at 1-866-4-EXHALE
- Birth Mark, a reproductive doula support service, at 289-799-3157
- Action Canada (Planned Parenthood Canada), at 1-888-642-2725
- SHORE Centre at 519-743-9360

If you encounter any complications after your abortion:

Please contact the clinic or person who provided your medication first, unless you are encountering a medical emergency – in that case please visit your local emergency department.

Abortion Resources

These are recommended resources, however, we urge you to please be cautious when looking at other resources as they may not be pro-choice and have ulterior motives.

General Supports for before, during, and after an abortion:

Action Canada:

Action Canada is Planned Parenthood Canada and utilizes a pro-choice framework. Action Canada runs the Access Line, a 7-day a week toll-free confidential phone and text line. Through the Access Line, you can ask questions, discuss options, and get connected to the right resources. They can help you find providers for your physical, mental and emotional health and wellbeing, organize travel, and find financial supports.

Contact:

- Phone: 613-241-4474
- Email: info@actioncanadaSHR.org
- Website: Action Canada | Action Canada for Sexual Health and Rights (actioncanadashr.org)
- Access Line: Call the access line 1-888-642-2725 | Action Canada for Sexual Health and Rights (actioncanadashr.org)

Birth Mark Support:

The Birth Mark Team provides meaningful reproductive doula support through individualized support, education opportunities and more. The Birth Mark Team runs an Abortion Support Program utilizing a pro-choice framework. Through this program, you can receive emotional and practical support to navigate your needs. These supports include doula support and after abortion emotional support and they can also help you find providers, organize travel, and find financial supports.

Contact:

- Phone: 289-799-3157
- Email: info@birthmarksupport.com
- Website: Abortion Support Program — Birth Mark (birthmarksupport.com)

Planned Parenthood Toronto

Planned Parenthood Toronto offers free counselling at any point during your journey. They will also help you navigate your health care needs by connecting you to the right clinics and providers.

Contact:

- Phone: 416-0961-0113
- Website: Planned Parenthood Toronto – boldly empowering Toronto's youth (ppt.on.ca)

All-Options

All-Options offers a toll-free talking for peer counselling and support across Canada. The supports provided by All-Options include options counselling, support before and after an abortion, and more. All-Options has developed an Abortion Resolution Workbook to help those having a hard time after an abortion experience. You can download the workbook for free here: [Abortion Resolution Workbook — PregnancyOptions.info](https://PregnancyOptions.info)

Contact:

- Phone: 1-888-493-0092
- Website: [All-Options – all-options_pregnancy_support](https://all-options_pregnancy_support)

Hamilton Birth Control Clinic

The Hamilton Birth Control Clinic offers pregnancy testing, pro-choice counselling, and medical abortions.

Contact:

- Phone: 905-525-1677
- Email: hessvillage@mcimed.com
- Website: [Hamilton Birth Control Clinic | HBCC](https://HamiltonBirthControlClinic.com)

Exhale

Exhale offers a Pro-Voice text and call line to support you without judgement after you've had an abortion. Exhale is designed to support you, your decisions, and your emotions.

Contact:

- Phone: 617-749-2948
- Website: After-abortion Support - Exhale (exhaleprovoice.org)

Housing:

The YWCA has two beds available for those who are pregnant, those who are post-partum or post-abortion.

- If someone wants to access an emergency reproductive care bed, they (or a service provider) can send an email to: reproductivecare@ywcahamilton.org
- Alternatively - you can call the front desk @ YWCA Hamilton 905-522-9922 and provide a safe phone number for us to call back.

Various emergency shelters in the region may provide housing accommodation, however, there are no reserved or guaranteed spaces.