

## FACTS ABOUT ABORTION

### What is a medication abortion?

A medication abortion is the use of medication to end a pregnancy up to 11 weeks. There are three steps.

- The first step is to be assessed and counseled by a nurse or provider.
- The second step is to take two medications (mifepristone and misoprostal). One medication stops the pregnancy. The second medication will cause cramping and emptying of the uterus. The cramping and bleeding are similar to a heavy period. You will need to take a pain reliever, such as ibuprofen and/or something stronger to help with the cramping and pain. Your provider should prescribe one or both of these medications.
- The third step is a follow-up visit with the provider for an ultrasound. This is done to make sure that the uterus is empty. This is a necessary step and many providers will not provide the abortion if the person is unable to come back to the clinic for a follow-up visit.

### What is a surgical abortion?

Surgical abortions are procedures done to end a pregnancy up to 14 weeks. There are two procedures for surgical abortions. The type of procedure used may depend on how many weeks since the last menstrual period.

- Manual vacuum aspiration is a procedure that removes the contents of the uterus with gentle suction from a small suction tube. It can be done very early after your last period and up to 10 weeks. A local anesthetic is used, and in some cases a medicine for relaxing. The cervix is dilated with either medication or with a device to help slowly stretch it open. When the cervix is dilated enough the suction tube is placed into the uterus to vacuum out the contents with a hand-held pump. After the uterus is empty, a spoon-like device may be used to do a final emptying of the uterus. Cramping similar to menstrual cramps is usually felt during the procedure. This procedure usually takes about 10 minutes.
- Dilation and suction curettage (D&C) can be done 6-14 weeks from the last menstrual period. It is a procedure that removes the contents of the uterus with machine-operated suction. Local anesthetic and a medication for relaxing are often used with this procedure. The cervix is dilated with either medication or with a device to help slowly stretch it open. A tube that is attached to a suction machine is then inserted into the uterus to gently vacuum out the contents. After the uterus is empty, a spoon-like device is often used to do a final emptying of the uterus. Cramping during this procedure is similar to heavy menstrual cramps. This procedure usually takes about 10 minutes.

Complications can occur with an early abortion as with any kind of surgical procedure. However, even the ones most likely to occur happen in only a small number of cases.

### What is the impact of abortions on subsequent wanted pregnancies?

There is no clear evidence that an abortion carries any risk to future pregnancies if done by a healthcare provider. Discuss any questions or concerns that you have with an abortion provider.

### Legalities?

Confidentiality and the patient's rights are considered at all times. Abortion is legal in Colorado. A special Colorado Law applies to minors **under 18 years of age**. This Law is commonly called the "Parental Notification Act." It requires the physician scheduled to perform the abortion, to notify a parent of the scheduled abortion 48 hours prior to the procedure. If telling a parent poses difficulty, the minor may petition the courts for an exemption. Physician offices can answer any further questions or concerns.

### Safety?

Abortions are safe. Abortion services throughout the United States are currently carefully monitored by the Center for Disease Control (CDC) of the United States Department of Health and Human Services. The CDC has found that the risk of a pregnant person dying from childbirth is approximately nine times greater than that from first-trimester abortion.

# ABORTION PROVIDER LIST

City	Provider	
Aurora	<b>Planned Parenthood</b> 1284 S. Abilene St. Aurora, CO 80012 (303) 671-7526	
Arvada	<b>Planned Parenthood</b> 7734 Wadsworth Blvd. Arvada, CO 80003 (303) 425-6624	
Boulder	<b>Boulder Valley Women’s Health Center</b> 2855 Valmont Road Boulder, CO 80301 (303)442-5160  <b>Boulder Abortion Clinic</b> Dr. Warren Hern 1130 Alpine Ave. Boulder, CO 80304 (303)447-1361	<b>Planned Parenthood</b> 2525 Arapahoe Ave. Suite C-200 Boulder, CO 80302 (303) 447-1040
Denver	<b>Comprehensive Women’s Health Center</b> 8111 E. Lowry Blvd #250 Denver, Co 80304 (720) 724-8576  <b>Partners in Women’s Health</b> 363 S Harlan St. Suite 200 Denver, CO 80226 (303) 922-3433	<b>Planned Parenthood</b> 7155 E. 38 <sup>th</sup> Ave. Denver, CO 80207 (303) 321-2458
Englewood	<b>Healthy Futures for Women</b> 300 E Hampden Ave Suite 201 Englewood Co 80113 (303)991-7700	
Littleton	<b>Planned Parenthood</b> 131 W. County Line Rd. Littleton, CO 80129 (303) 798-0963	
Online Resources	<b>Telehealth Options:</b> <a href="https://www.womenonweb.org/">https://www.womenonweb.org/</a> <a href="https://www.heyjane.co/">https://www.heyjane.co/</a> <a href="https://www.mychoix.co/">https://www.mychoix.co/</a>	<b>Online Support:</b> <a href="https://www.advocatesforyouth.org/abortion-out-loud/">https://www.advocatesforyouth.org/abortion-out-loud/</a>

\*\*\*Discuss abortion costs with the clinics above. Clinics often have special funds to help you pay for your abortion.