

Advantages & Disadvantages

Abortion Pill	In-Clinic Abortion
<ul style="list-style-type: none"> • May seem more natural • May seem less invasive • Takes place at home and may feel more comforting and private • Anyone you want can be there • It takes several days • It is not as predictable as an in-clinic abortion • Medications may cause side effects: nausea, vomiting and diarrhea • Cramping and bleeding can be severe and last longer than with an in-clinic abortion • Multiple visits to the provider are necessary • Can be less successful than an in-clinic abortion surgical 	<ul style="list-style-type: none"> • More predictable and medical staff are present • Less bleeding and cramping than with medical abortion • It takes less time and fewer appointments • Highly successful • Available later in the pregnancy • May seem more invasive – a physician inserts medical instruments into the uterus through the vaginal canal • Anesthetics and medication used to manage pain during the procedure may cause side effects • There is a risk of complication • Less control over the abortion process and who is present • The vacuum aspirator may seem noisy



Costs

Abortion Pill	In-Clinic Abortion
<p>Covered by:</p> <ul style="list-style-type: none"> • Ontario health card (OHIP) • Ontario Drug Benefits (ODB) <p>In Waterloo Region: Cost is \$922.00 In Toronto: \$530.00 and up based on clinic Blood work, ultrasound, and clinician appointments are included in this cost.</p>	<p>Covered by:</p> <ul style="list-style-type: none"> • Ontario health card (OHIP) • Other province health card • University Health Insurance Program (UHIP) • GuardMe • Interim Federal Health Program • Department of National Defense <p>In Waterloo Region: \$350.00 Outside of Waterloo Region: \$400.00 and up based on clinic and gestation Blood work, ultrasound, and clinician appointments are included in this cost.</p>

What is an Abortion?

An abortion is a medical procedure performed to end a pregnancy, which is done in a hospital, clinic or at home with the abortion pill. There are two types of abortion in Canada: abortion pill up to 9 weeks gestation and in-clinic abortion up to 24 weeks gestation.

Types of abortion

There are 2 categories of abortion provided in Canada: surgical (in-clinic) and medical (abortion pill).

The options you have for abortion depend on how long you have been pregnant (gestational age, or GA) and the clinic/hospital where you go. GA is calculated by how long it has been since the first day of your last menstrual* period.

When can it be done?

Abortion Pill: Under 9 weeks (63 days) of pregnancy
In-Clinic Abortion: Under 24 weeks of pregnancy

So while Abortion in Canada is generally available until around 24 weeks of pregnancy, 90% of all abortions take place during the first 12 weeks of pregnancy.

*Note: We are aware that these are not words everyone uses for their bodies (eg. trans folks), and support you using the language that feels best for you



Will the abortion hurt?

Everyone has a different experience. Most people get menstrual-like cramps but some have no pain at all. Some people who are awake for the abortion may feel pressure during the procedure. Medication is used to reduce discomfort and help you relax

Will I have a baby in the future?

Yes. Having an abortion will not prevent you from getting pregnant and having a healthy pregnancy in the future.

Will anybody find out?

No. This medical information cannot be released to anyone but you. No one needs to know unless you wish to tell them. After 2-3 weeks' time, a doctor or healthcare provider will not be able to tell, even through a vaginal* exam, that you've had an abortion.

Do my parents/partner/family doctor have to give permission?

No. In Canada, anyone over 12 years of age can legally have an abortion in a clinic or hospital. You do not need the consent or permission of your parents, partner or your family doctor.

Do I have to take time off work or school?

You may have to take time off for the appointment(s). Depending on how long you have been pregnant and where you go, you are usually in the clinic or hospital for 2-4 hours. Some people choose to take a day or two off to rest and take care of themselves, but others return to their usual activities immediately or the following day.

Does abortion make me more likely to get breast* cancer?

No. There is no link between having an abortion or multiple abortions and developing breast cancer in the future.

Talking about abortion/support around abortion

Not everybody needs support or has strong feelings about their abortion, but some people do, and being pregnant when you can't or don't want to continue a pregnancy can be stressful. Some people find it helpful to talk to friends, family, community or other supports in their lives, but not everyone has people they can talk to about it without fear of judgement or shame. If you would like to talk to someone pro-choice and nonjudgmental about pregnancy options, abortion, or your feelings or experiences around pregnancy or abortion check out these resources.

Resources:

- PPT (Planned Parenthood Toronto) Health Services (416-961-0113) volunteers offer in-person education, information, and active listening on all pregnancy options and a range of sexual health issues.
- To see a counsellor for more in-depth pre- or post-abortion support, contact PPT, the BCBC (416-351-3700), or some freestanding abortion clinics
- Backline (1-888-493-0092, toll-free) offers nonjudgmental peer counseling and support for people in all their decisions, feelings and experiences with pregnancy, parenting, adoption and abortion.
- Faith Aloud (1-888-717-5010, toll-free): offers compassionate and nonjudgmental support from trained clergy and religious counselors for people considering pregnancy options or wanting to talk about an abortion experience.
- SHORE Centre (519-743-9360, info@shorecentre.ca): Waterloo Region's trusted source for accurate sexual health education and confidential pregnancy options support. They are committed to creating a community that honours sexuality, diversity and choice.

Information on Abortion

