

FACTSHEET: Teleabortion

How to prepare & what to expect.

Fact sheet for women having a medical abortion via telehealth

What is a Teleabortion & who is suitable?

Telehealth is the process of providing medical care via phone and/or video conferencing.

Teleabortion is the provision of medical abortion services via telehealth.

All women in Australia have the right to access health care which includes abortion care. Unfortunately, abortion care provision in Australia can be inconsistent and some women will not have access to abortion care in their local area. If a woman doesn't have local access and she meets the criteria for a medical abortion by telehealth (tele-abortion) then we can help.

Women seeking a teleabortion must be over the age of 16 and fluent in English in order for us to properly care for them.

How much will it cost & are there any rebates?

There are no rebates available through Medicare for Teleabortion. Therefore, out of pocket expenses will be incurred.

You may be able to access the service at a cheaper cost or at no cost using an alternative provider than Clinic 66.

Currently the out of pocket costs are \$340 for all professional services and communications. This includes \$90 for the initial consultation and \$250 for the second.

Additional costs, on top of the professional services, which our clients will need to cover, include:

- Cost of imaging, i.e. ultrasound. Some providers of this service may "bulk bill" (Check availability in your local area).
- Medication i.e. the abortion pills themselves and anything else prescribed e.g. painkillers, antinausea drugs, contraception.
- Urinary pregnancy tests, (purchased over the counter and taken at home 4 weeks after the medical abortion).
- Any additional costs of medical care services sourced locally if other providers are consulted, or if complications occur which require surgery, e.g. D&C if done in a private health facility.



What is the process for a Teleabortion?

- It's important that women seeking a Teleabortion will read the background information and undertake a "suitability test". If she intends to continue with this procedure, and is suitable, then she will need to make a booking.
- An initial consultation (\$90) with a doctor or nurse, who has been specially trained in abortion care. This first consultation allows us to create a medical record for the client and produce a request form for ultrasound imaging. The scan will need to be done at an imaging facility, near to where the woman lives.
- If the scan shows an early (less than 9 weeks) pregnancy in the uterus, the patient can book and pay for the second consultation (\$250).
- During the second consultation, we will help our client to understand what to expect, what to do if something unexpected happens, and to make a plan for the miscarriage, and generate the prescriptions.
- After the second consultation, the patient will be able to collect all medication from a local pharmacy.
- The patient will undertake the medical abortion process at home.
- About a week after the medical abortion, the patient will have a 3rd consultation (free of charge).
- 4 weeks after the medical abortion, the patient will need to do a urinary pregnancy test at home to ensure the procedure was successful.
- If the patient experiences complications at any stage during the process, we are committed to providing support and input for NO additional fee, until the client gets the outcome she wants.



What to expect from the medical abortion process.

- Once you have the medications, you can put your plan into action.
- Take the first tablet (1 x mifepristone). Don't expect to feel very different after the first tablet, though you might start to bleed, so put a pad in your underwear straight away.
- You might feel less pregnant.
- 24-48 hours after taking the first tablet, you can take the second round of tablets (4 x misoprostol). We recommend you complete the second step during the day, preferably in the morning. This step will induce a miscarriage.
- On the day of the miscarriage, take the day off work or school and don't make a plan to see anyone or look after anyone, including children.

What are the risks & when do I need to worry?

If, after the first consultation, you are not suitable to be prescribed the medical abortion drugs, we will advise you of what to do next. This may be the case if, for example, the ultrasound shows an empty uterus or a pregnancy more than 9 weeks.

If you are suitable to have the medical abortion at home, you need to be aware of all the risks and possible complications. **In about 5% of medical abortions there are complications.**

Because we can't look after you face to face, it's very important that you have a good understanding of what could go wrong, and to have a plan if you need to get help. If you have decided to have a Teleabortion, you **MUST** be within a 2-hour drive from a hospital and have someone who can drive you if necessary.

Along with the medication comes free access to a 24-hour helpline on 1300 515 883.

About 95% of cases, medical abortion is straightforward with no complications.

Potential risks & complications include:

- Excessive pain requiring hospital admission.
- Excessive bleeding requiring blood transfusion.
- Failure of the drugs and a continuing pregnancy.
- Incomplete miscarriage with retained tissue left behind which might require surgical removal.
- Infection.

Other possible side effects.

Sometimes the medical termination treatment can cause headaches, breast tenderness, fainting, hot flushes, skin rashes or itching. Misoprostol tablets can cause nausea, vomiting, diarrhoea, dizziness, pain or discomfort in the abdomen, cramps, fever, and chills.

These side effects are usually only experienced for a short time and should not last more than 24 hours. If you experience problems or are at all concerned about side-effects you should contact the clinic, your doctor, or the **MS Health 24-hour Nurse After-care Telephone Service** on 1300 515 883.

For further information visit:

www.clinic66.com.au

<https://www.clinic66.com.au/tele-abortion>

<https://www.clinic66.com.au/medical-abortion>

<https://www.abortiononline.com.au/>

We are 100% here to support you in your journey.

We will not stop looking after you until it's over. You can contact us 24/7 if you need to.