



Medical and Surgical Abortion

We offer a focused family planning program at the University Women's Health Specialists Faculty Practice. Our attending physicians are faculty members of the Department of Obstetrics, Gynecology and Women's Health at the University of Hawaii and are leading specialists and researchers in the field of family planning. All patients receive comprehensive counseling regarding pregnancy options and contraception. We provide 24-hour patient phone contact for emergencies.

Abortion services available: Based on medical factors and the length of your pregnancy (gestational age), several options are available for a pregnancy termination. We will explain to you the types of abortion you are most likely eligible for when you call to make your appointment. At your appointment your physician will confirm which options are available to you.

Medical Termination of Pregnancy is non-surgical termination using a combination of medications. Generally, this is available to appropriate patients up to 70 days gestation. A visit for a follow up ultrasound is needed to ensure that the termination is complete.

- **What to expect:** Most women will have bleeding that starts within 1-4 hours of taking the medication. It is normal to have pain (cramping) and bleeding while the pregnancy passes. You may take pain medication as prescribed by your doctor to help with the pain.
- **What to plan for:** Because you will have bleeding and cramping (and sometimes stomach upset), you should arrange for time off work (at least 1 day), childcare, and to have a support person available to you after you take the medication.
- **What to have at home:** Heating pad or hot water bottles to help with cramping, light foods (ginger ale, broth, crackers, jell-o), and sanitary pads.
- **Recovery:** Most women take it easy for a few days after an abortion. You should avoid strenuous exercise for the first week as this may cause additional bleeding. Let your body be your guide.
- **Follow-Up Appointment:** About two weeks after medication abortion, you **must** follow up with a doctor for an ultrasound to confirm the pregnancy has passed. We will schedule this with you. If you do not live on Oahu you should schedule with your referring doctor.

Surgical Termination of Pregnancy is either a same-day procedure in our office or an outpatient surgery in the operating room, depending on the length of the pregnancy (gestational age).



- **What to expect:**



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- If you have a procedure in **our office**, you will have local anesthesia (numbing) but will not be asleep. The procedure usually takes 5-10 minutes, and most patients do not have much discomfort. You may want to bring an iPod and headphones to listen to music during the procedure. You can drive yourself home after an in-office procedure.
- For procedures in the **operating room**, you will be asleep. You will need someone to drive you home and may feel groggy for a few hours after the procedure. Some patients feel nauseous from the anesthesia medication.

- **What to have at home:** Heating pad or hot water bottles to help with cramping, light foods (ginger ale, broth, crackers, jell-o), and sanitary pads.
- **Recovery:** You may have cramping or light bleeding after your abortion. This will lessen after time. Most women take it easy for a few days after an abortion. You should avoid strenuous exercise for the first week as this may cause additional bleeding. Let your body be your guide.
- **Follow-Up Appointment:** You should be seen for a follow-up appointment about 2 weeks after your abortion (or as directed by your doctor). If you do not live on Oahu you should make an appointment to be seen by your referring doctor.

Emotional support resources: If you would like to talk with someone about your pregnancy and your options, there are [resources available](#)

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Contact Us

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