

Contents

Introduction	7	2 Methods of abortion	29
Chapter 1: Safe abortion services: the public health challenge		Summary	29
Summary	10	2.1 Cervical preparation	30
1 Background	11	2.2 Pain management	30
2 Induced abortion	12	2.2.1 Medication for pain	31
3 Unsafe abortion	12	2.2.2 Anaesthesia	31
4 Safe abortion	14	2.3 Surgical abortion	32
5 Legal, policy and contextual considerations	14	2.3.1 Vacuum aspiration	32
6 The challenge – making safe services available	16	2.3.2 Dilatation and curettage	33
References	17	2.3.3 Dilatation and evacuation	33
Chapter 2: Clinical care for women undergoing abortion		2.3.4 Other surgical methods of abortion for use in later pregnancy	34
Summary	20	2.3.5 Tissue examination following surgical abortion	35
1 Pre-abortion care	23	2.4 Medical methods of abortion	35
1.1 Patient history	23	2.4.1 Mifepristone and prostaglandin	36
1.2 Physical examination	23	2.4.1.1 Up to 9 completed weeks since last menstrual period	36
1.3 Laboratory testing	24	2.4.1.2 From 9 to 12 completed weeks since last menstrual period	38
1.4 Ultrasound scanning	24	2.4.1.3 After 12 completed weeks since last menstrual period	38
1.5 Pre-existing conditions	24	2.4.2 Misoprostol or gemeprost alone	38
1.6 Reproductive tract infections (RTIs)	25	2.4.2.1 Up to 12 completed weeks since last menstrual period	38
1.7 Ectopic pregnancy	25	2.4.2.2 After 12 completed weeks since last menstrual period	39
1.8 Rh-isoimmunisation	25	2.4.3 Other medical abortion agents	39
1.9 Cervical cytology	26		
1.10 Information and counselling	26		
1.10.1 Decision-making counselling	26		
1.10.2 Information on abortion procedures	27		
1.10.3 Contraceptive information and services	27		

2.5	Other issues related to abortion procedures	40
2.5.1	Infection prevention and control	40
2.5.1.1	Handwashing and use of protective barriers	40
2.5.1.2	Cleaning	40
2.5.1.3	Safe disposal of waste contaminated with body fluids	40
2.5.1.4	Safe handling and disposal of "sharps"	41
2.5.1.5	Safe cleaning of equipment after use	41
2.5.2	Managing abortion complications	42
2.5.2.1	Incomplete abortion	42
2.5.2.2	Failed abortion	42
2.5.2.3	Haemorrhage	42
2.5.2.4	Infection	43
2.5.2.5	Uterine perforation	43
2.5.2.6	Anaesthesia-related complications	43
2.5.2.7	Long-term sequelae	43
3	Follow-up	44
3.1	Recovery period	44
3.1.1	Surgical methods of abortion	44
3.1.2	Medical methods of abortion	44
3.2	Contraceptive method provision and STI counselling	45
3.3	Instructions for care after abortion	45
	References	46

Chapter 3: Putting services in place

Summary	54
1 Assessing the current situation	55
2 Establishing national norms and standards	58
2.1 Types of abortion services and where they can be provided	59
2.1.1 Community level	59
2.1.2 Primary-care facility level	59
2.1.3 District hospital (first referral) level	60
2.1.4 Secondary and tertiary referral hospitals	60
2.2 Essential equipment, supplies, medications and facility capabilities	62
2.2.1 Regulatory requirements for drugs and devices	64
2.3 Referral mechanisms	64
2.4 Respect for women's informed decision-making, autonomy, confidentiality and privacy, with attention to the special needs of adolescents	65
2.4.1 Informed and free decision-making	65
2.4.2 Autonomy in decision-making (third party authorization)	66
2.4.3 Confidentiality	68
2.4.4 Privacy	68
2.5 Special provisions for women who have suffered rape	68

3	Ensuring provider skills and performance	69	4	Creating an enabling policy environment	87
3.1	Provider skills and training	69	4.1	Goals	88
3.1.1	Training programmes	70	4.2	Constellation of services	88
3.2	Supervision	72	4.3	Methods of abortion	88
3.3	Certification and licensing of health professionals and facilities	73	4.4	Range of providers	88
4	Monitoring and evaluation of services	73	4.5	Service fees	89
4.1	Monitoring	73	4.6	Health system requirements/quality of care	89
4.2	Evaluation	76	4.7	Public information	89
5	Financing	76	5	Removing administrative and regulatory barriers	90
5.1	Cost to the facility or health system	77	References		95
5.2	Making services affordable for women	77	Annex 1: Further reading and resources		96
References		78	Annex 2: International consensus documents in relation to safe abortion		98
Chapter 4: Legal and policy considerations			Annex 3: Instruments and supplies for manual vacuum aspiration (MVA)		102
Summary		82	Annex 4: Contraception following abortion		103
1	Women's health and international agreements	83			
2	Laws and their implementation	83			
3	Understanding legal grounds for abortion	85			
3.1	When there is a threat to the woman's life	85			
3.2	When there is a threat to the woman's physical or mental health	86			
3.3	When pregnancy is the result of rape or incest	86			
3.4	When there is fetal impairment	86			
3.5	For economic and social reasons	87			
3.6	On request	87			
3.7	Limits on length of pregnancy	87			
3.8	Other limits	87			