

# Abortion

- Safe
- Legal
- Women-centric






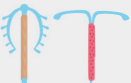

Now available at your nearest health centre




## Post-abortion contraception:



## When to start using temporary methods:

| Methods  | Medical Abortion                          | Surgical Abortion                           |
|--|---|---|
| <b>Hormonal pill (Mala N)</b>                 | On day 3                                  | Immediately or within 7 days post abortion  |
| <b>Hormonal injection (Antara Programme)</b>  | On day 3                                  | Immediately or within 7 days post abortion  |
| <b>Centchroman pill (Chhaya)</b>             | On day 3                                  | Immediately or within 7 days post abortion  |
| <b>PAIUCD (380A/375)</b>                    | Around day 15 post completion of abortion | Immediately or within 12 days post abortion |
| <b>Condom</b>                               | At the time of sex                        | At the time of sex                          |

## When to start using permanent methods:

| Methods   | Medical Abortion                               | Surgical Abortion   |
|---|--|---|
| <b>Female Sterilization Minilap or laparoscopic</b>  | After the first menstrual period post abortion | Concurrently or within 7 days post abortion. Laparoscopic sterilization can be performed only after MTP up to 12 weeks of gestation |
| <b>Male vasectomy</b>                                | At any stage                                   |   |



Abortion can be provided only by a Registered Medical Practitioner (RMP) as per MTP Act

# 1 Medical methods (up to 9 weeks of gestation)

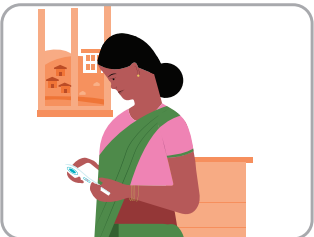
# 2 Surgical methods

## Counselling:



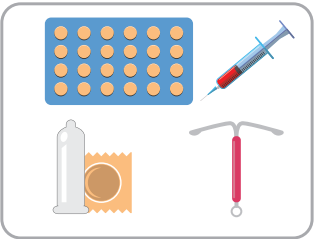
Discuss with your health-care provider or RMP about your abortion options through counselling

## Testing:



Self testing can be done at home using a pregnancy kit

## Contraception:



Post-abortion contraception is a must for all. Refer to the tables on the next page for more information.



Excessive bleeding, soaking two thick pads in an hour for two consecutive hours



Persistent, severe abdominal pain; not relieved by analgesics



Fever and fainting attacks



Foul-smelling discharge



No/minimal bleeding after the administration of medical method of abortion (MMA)