

## AFTERCARE

- As long as there is bleeding (usually for 5 to 12 days), do not use tampons. Only use sanitary napkins.
- Do not take baths; only take showers.
- Avoid sex while you are bleeding and for about 1 to 2 weeks after
- If you are in pain, you can take pain medication (like ibuprofen /paracetamol)
- Follow-up appointment at doctor's office 1 to 2 weeks later; if unusual symptoms occur during this period (fever, strong pain, heavy bleeding), see a doctor.
- New menstrual cycle starts on the day of the termination
  - ➔ If contraception needed: advice and information available through doctor or pro familia

## WHAT YOU NEED TO BRING

- A certificate confirming that you have had counseling pursuant to § 219 (earliest possible termination 3 days after issuing date)
- A blood type certificate
- **Cost:** a pregnancy termination is your decision and therefore subject to a fee:
  - 2 options:**
  - You pay out of your own pocket (about 300 to 600 Euros)
  - or
  - you provide a certificate stating that your health insurance fund will cover the costs (possible if you are low-income)
- **An appointment:** make a phone appointment for the termination



## Pregnancy termination



INFORMATION

## COUNSELING

Finding out that you are pregnant is not always welcome news. In Germany, women have the right to decide whether they want to carry their pregnancy to term. This right applies for the first three months of the pregnancy.

Before a pregnancy can be terminated, you need to attend a counseling session. This counseling session can take place at pro familia. Afterwards, there is a mandatory consideration period of three days. In the counseling session, you will be offered help in coming to a decision and support in your specific situation. You can get pregnant again after a pregnancy termination.

The pregnancy termination can be performed using 2 different methods:

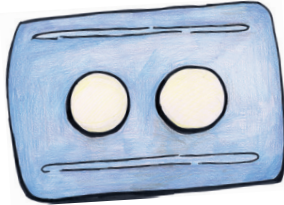
**Information Center am Hafen**  
Seewartenstr. 10, Bldg. 1, 20459 Hamburg  
[www.profamilia-hamburg.de](http://www.profamilia-hamburg.de)

**Phone consultation hours:**  
phone 040-30 99 749 10

Mon, Tue, Thu	10:00 a.m. – 2:00 p.m.
Wed	2:00 p.m. – 4:00 p.m.
Fri	10:00 a.m. – 12:00 p.m.

**Walk-in consultation hours**  
Mon and Wed 4:00 p.m. – 6:30 p.m.

## MEDICAL



- As an outpatient in a doctor's office or a day care clinic
- Can be used up to the 9th week (63rd day) of pregnancy
- **2 doctor's appointments:**
  - 1st appointment:** you take 2 pills  
→ go home; 2 days later ...
  - 2nd appointment:** you insert 2 tablets into the vagina  
→ 3 to 4 hours in the doctor's office/clinic or at home

## SURGICAL

- Under local or general anesthetic
- As an outpatient in a doctor's office or a day care clinic
- Performed up to the 14th week of pregnancy (counting begins with the first day of your last period)
- **1 doctor's appointment:**
  - The doctors will explain the procedure
  - Surgical procedure (10 to 15 min)
  - Aftercare  
→ 3 to 4 hrs in the doctor's office

