

After the abortion

It is normal to experience bleeding and cramps after an abortion.

Bleeding may last longer with the medicated abortion procedure.

Take it easy for a few days after the abortion.

To avoid any inflammations, you should not take a bath (to take a shower is OK), you should not use any tampons and you should not have intercourse.

If you have fever (above 38.5 degrees Celsius) for several days or any foul-smelling discharge, you should see your physician.

A new cycle starts immediately after the abortion.

This means you can become pregnant again.

If you do not wish to become pregnant, you should take appropriate contraceptive measures.

A gynaecologist or authorized counselling centres can provide information on contraceptives.

The counselling centre near your home

Employees of counselling centres are bound to confidentiality.

Therefore, you do not have to fear that any other person will find out about you and your counselling session.

For addresses of counselling centres located near you, go to www.familienplanung.de

You can also visit www.profamilia.de for addresses of pro familia counselling centres.

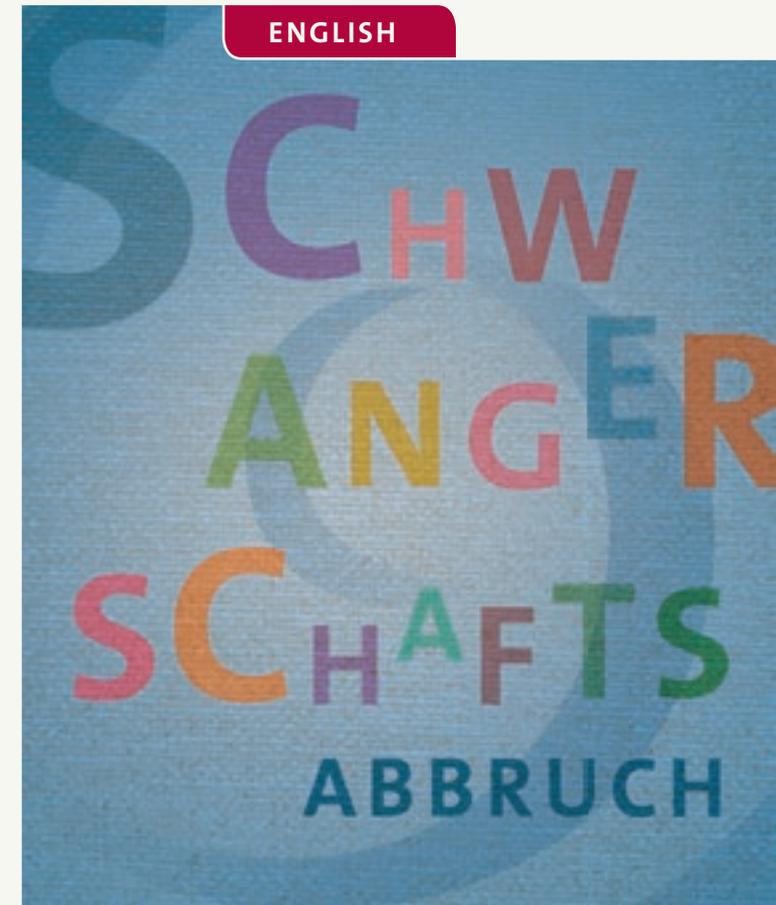
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BRIEF INFORMATION

ABORTION IN LINE WITH THE COUNSELLING PROVISION

ENGLISH



Are you pregnant and do you consider an abortion?

Whether you will have an abortion or not is entirely your decision. In Germany abortion is not punishable if you consider these three things:

1. You must meet with a counsellor in a **government recognized centre for pregnancy conflict counselling**. The counselling session is free of charge. After the meeting, you will have to obtain a **counselling certificate**. You will have to bring this document to the doctor's office, where the pregnancy will be terminated.
2. A mandatory three-day period must pass between the counselling session and the abortion.
3. The pregnancy may only be terminated until the end of the 12th week (which corresponds to 14 weeks after the last period). Only a physician may terminate the pregnancy. The physician will determine the gestational age.

The counselling centre can provide you with addresses of physicians who perform abortions.

For information on abortion following a violent crime ("kriminologische Indikation") or on medical grounds, consult the detailed brochure "Abortion" („Schwangerschaftsabbruch“, available in German, English, Russian, Turkish, Croatian, and Polish), www.profamilia.de/publikationen

How much does it cost?

If your income is sufficient, you will have to pay for the abortion.

It costs between € 270 and € 500.

If you are on **welfare, ALG 2** or receive benefits under the **Asylum Seekers' Benefits Act**, you will not have to pay for the abortion.

The Bundesland where you live will cover the costs.

In this case, you will have to go to one of the statutory **health insurers** (such as the **AOK**) and ask for a **cost absorption certificate** ("Kostenübernahmebescheinigung").

You will have to take your documents along that show that you live in Germany and how much money you receive.

You will have to obtain this **cost absorption certificate** ("Kostenübernahmebescheinigung") **before** the abortion and you will have to show it at the doctor's surgery, where the abortion will be performed.

At the doctor's surgery

To terminate the pregnancy, bring the following documents to the doctor's surgery:

1. The **counselling certificate** („Beratungsbescheinigung“)
2. The **cost absorption certificate** ("Kostenübernahmebescheinigung") or the physician's fee in cash
3. The **health insurance card** or medical treatment certificate, any referral if applicable
4. Proof of your **blood type** if available

The physician will talk to you before the abortion.

The physician must explain to you precisely what is done and the physician must inform you about all risks involved.

The physician can only terminate the pregnancy if you understood the information.

If you speak very little or no German, you have to take someone along who interprets this information for you.

The abortion

Most abortions are performed as **outpatient surgery using the vacuum aspiration**.

You can go home only a few hours later.

An abortion can be performed under general anaesthesia or under local anaesthesia.

After the anaesthetic is administered, your cervix is carefully dilated with a small metal rod.

Then a small tube is connected to a suction device, which is used to suction out the tissue related to the pregnancy.

This procedure lasts only a few minutes.

A pregnancy can also be terminated with medications. These are (in part) taken under the physician's care.

The **medicated abortion procedure** can only be carried out up to the 9th week of pregnancy.

The medicated abortion procedure requires you to visit your physician at least twice and sometimes even three times.