From Choice, a World of Possibilities

Planned Parenthood Toronto (PPT) is a pro-choice organization. When faced with an unplanned pregnancy, we believe that you have the right to access factual, caring and non-judgmental information and services on all three of your options: abortion, adoption and parenting.

There are many myths about abortion. Below is some information about abortion and abortion services in Toronto. Remember, no one should ever pressure you into abortion, adoption or parenting. It’s your choice.

What is an abortion?
• An abortion is a safe medical procedure that ends a pregnancy.
• Abortions are fully legal in Canada.

Types of abortion
There are 2 categories of abortion provided in Canada: surgical and medical.

Medical Abortion
• A medical abortion uses drugs to stop the growth of the pregnancy and then to expel the pregnancy tissue from the uterus.
• This type of abortion must be done very early in a pregnancy - within approximately 7 weeks from the first day of your last menstrual period.

Surgical Abortion
• There are 3 kinds of surgical abortions. The kind of surgical abortion you can choose will depend on how long you have been pregnant and the clinic/hospital.

Pregnancy Options Series
Abortion: What You Need to Know

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Surgical Abortion
• There are 3 kinds of surgical abortions. The kind of surgical abortion you can choose will depend on how long you have been pregnant and the clinic/hospital.
• For these procedures, the doctor will either freeze your cervix using a local anesthetic (at clinics) or give you a general anesthetic to put you to sleep (at hospitals). Depending on how long you have been pregnant, gentle suction-type devices and/or curettes (scoop shaped devices) are used to remove the tissue in the uterus.

• There is no cutting or stitches.

See page 6 for more details on each abortion procedure.

Frequently asked questions about abortion

Will the abortion hurt?
Everyone has a different experience. Most women experience menstrual-like cramps but some women report no pain at all. Medication is given to reduce discomfort and help you relax.

Will I be able to have a baby in the future?
YES. Having an abortion will not prevent you from getting pregnant and having a healthy pregnancy when you are ready.

Will anybody find out?
NO. This medical information cannot be released to anyone but you. No one needs to know unless you wish to tell them. After 2 - 3 weeks time, a doctor or healthcare provider will not be able to tell, even through a vaginal exam, that you’ve had an abortion.

Do my parents or boyfriend/husband/male partner have to give their permission?
NO. In Canada, anyone over 12 years of age can legally have an abortion in a clinic or hospital. You do not need the consent or permission of your parents, boyfriend/husband/male partner or your family doctor.

Will I have emotional problems afterwards?
The most common feeling women report after having an abortion is relief. Some women may experience sadness or grief, but grief is a healthy response to loss. Having an abortion is not associated with long-term emotional or mental health problems.

Do I have to take time off work or school?
You may have to take time off for the procedure itself. Depending

After the abortion

Information about abortion aftercare may vary between different clinics and hospitals. Here is some general information about caring for yourself after an abortion.

Preventing Infection
To help prevent infection, avoid the following for 1-2 weeks after the abortion procedure (1-2 weeks after the pregnancy tissue has been expelled for medical abortions):

• No vaginal sex, including sex with fingers or sex toys
• No tampons (use pads instead)
• No baths (shower instead)
• No swimming, hot tubs or jacuzzis
• No douching

Signs of infection can include fever, lower abdominal tenderness and vaginal discharge. Should you have any of these symptoms, contact your doctor or clinic. Infections that are detected early can be treated easily and effectively with antibiotics.

Resuming Normal Activities
No heavy lifting or aerobic activity for 24 hours after the abortion (with a medical abortion, for 24 hours after you expel the pregnancy tissue). While some women return to work the same day as their abortion (or the same day they expel the pregnancy tissue), others may need to rest. Return to normal activities when you feel ready - listen to your body.

Next Menstrual Period
Unless you have started using hormonal birth control like the pill, your first period will start between 4-6 weeks after the abortion.

Cramping
Cramping after an abortion is normal. Some women do not experience cramps at all. Cramping can occur off and on for 2-3 weeks after the procedure. You may feel some pressure or pain in your lower abdomen, lower back or inner thighs. You can use a hot water bottle or ask your clinician about using Advil or Tylenol.

Bleeding
Bleeding after an abortion is normal. Some women start bleeding after the abortion and continue bleeding or have brown spotting for up to 2-3 weeks. Drinking alcohol, lifting heavy objects, using
on how long you have been pregnant and which procedure you choose, you are usually in the clinic or hospital for 2-3 hours. Some women choose to take the remainder of the day off to rest and take care of themselves, but other women return to their usual activities immediately or the following day.

**Does abortion make me more likely to get breast cancer?**

NO. There is no link between having an abortion or multiple abortions and developing breast cancer in the future.

**How long will the abortion take?**

For most procedures, the abortion itself takes only 10-15 minutes. However, expect to be in the clinic or hospital for 2-3 hours.

**Where can I get an abortion?**

Where you go for an abortion in Toronto depends on how long you have been pregnant and the kind of procedure you want.

**FREE STANDING CLINICS**

Free standing clinics are safe, professional clinics where medical doctors provide abortions. You do NOT need a referral - you can contact the clinic yourself. Surgical procedures at clinics use local anesthesia so you will be awake for the procedure. The process of getting an abortion (including counseling, examinations, etc.) in a clinic generally takes fewer appointments than it does in a hospital. Each clinic has different policies and procedures. For example:

- Clinics may have female and male doctors.
- Most allow you to bring only one support person with you.
- Some clinics have interpretation services available.
- Most clinics require photo identification, such as a health card.
- Some clinics have evening and weekend appointments.
- Clinics cannot provide childcare for any children you have.
- Some clinics sell birth control methods at reduced cost.
- Not all clinics are wheelchair accessible.
- Some clinics may be targeted by protestors.

Call the clinic or visit their website for more information.
Where can I get an abortion? (cont’d)

**LIST OF FREESTANDING CLINICS**

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website</th>
<th>Services</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cabbage Town Clinic</strong></td>
<td>302 Gerrard St E (Gerrard &amp; Parliament)</td>
<td>416-323-0642</td>
<td>Cabbagetownwomensclinic.com</td>
<td>Surgical: up to 22.5 wks gestation</td>
<td></td>
<td>Fully publicly funded</td>
</tr>
<tr>
<td><strong>Choice in Health</strong></td>
<td>301 – 1678 Bloor St W (Bloor &amp; Keele)</td>
<td>416-975-9300 / 1-866-565-9300</td>
<td>Choiceinhealth.ca</td>
<td>Surgical: up to 15 wks gestation Medical: up to 7 wks gestation</td>
<td>Fully publicly funded</td>
<td>NAF accredited*</td>
</tr>
<tr>
<td><strong>The Morgentaler Clinic</strong></td>
<td>727 Hillsdale Ave E (Bayview &amp; Eglington)</td>
<td>416-932-0446 / 1-800-556-6835</td>
<td>Morgentaler.ca</td>
<td>Surgical: up to 19 wks gestation</td>
<td>Fully publicly funded</td>
<td>NAF accredited*</td>
</tr>
<tr>
<td><strong>The Scott Clinic</strong></td>
<td>157 Gerrard St E (Gerrard &amp; Sherbourne)</td>
<td>416-962-5771</td>
<td>Scottclinic.ca</td>
<td>Surgical: up to 16 wks gestation</td>
<td>Fully publicly funded</td>
<td>NAF accredited*</td>
</tr>
<tr>
<td><strong>Bloor West Village Women’s Clinic</strong></td>
<td>403 – 2425 Bloor St W (Bloor &amp; Jane)</td>
<td>416-849-4595</td>
<td>Bloorwestwomensclinic.com</td>
<td>Surgical: up to 12-14 wks gestation Admin fees: $60 - $300</td>
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<tr>
<td><strong>Mississauga Woman’s Clinic</strong></td>
<td>420 – 1420 Bumthorpe Rd E (Bumthorpe &amp; Dixie)</td>
<td>905-629-4516</td>
<td>Mwclinic.com</td>
<td>Surgical: up to 16 wks gestation Admin fees: $60 - $120</td>
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<tr>
<td><strong>Women’s Care Clinic</strong></td>
<td>501 – 960 Lawrence Ave W (Dufferin &amp; Lawrence)</td>
<td>416-256-4139</td>
<td>Womenscareclinic.ca</td>
<td>Surgical: up to 20 wks gestation Medical: up to 6 wks gestation Admin fees: $60 - $300</td>
<td></td>
<td>NAF accredited*</td>
</tr>
<tr>
<td><strong>Dr. Kathy Chu</strong></td>
<td>200-371 Neilson Rd (Neilson &amp; Sheppard)</td>
<td>416-284-0888</td>
<td></td>
<td>Surgical: up to 8 weeks gestation Admin fees: $40</td>
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*NAF is the National Abortion Federation

**HOSPITALS**

- If you wish to have your abortion at a hospital, contact the Bay Centre for Birth Control (BCBC) at (416) 351-3700. The BCBC arranges all hospital abortions in the city of Toronto.
- You will have a 3 hour assessment appointment at the BCBC that includes a vaginal ultrasound, a physical, blood work and counselling. They will tell you at that appointment when your abortion will be and at which downtown hospital.
- If you have a high risk health condition, the BCBC may refer you to a gynecologist in private practice.
- The BCBC also provides early term surgical abortions and medical abortions. Call the BCBC for more information.
- If you have been pregnant for 22 weeks or more, call the BCBC for information on where you can get an abortion. Travel to the United States may be required.

**How much does an abortion cost?**

- Medical and surgical abortions at free standing clinics and hospitals are fully covered if you have a valid Ontario health card. If you have a University Health Insurance Plan (UHIP), Interim Federal Health (IFH) or Canadian Military Insurance (DND), your abortion will also be fully covered.
- Some clinics have administrative fees which you will have to pay (clinics with these fees are noted in the chart on page 4).
- If you have a valid health card from another Canadian province, you may be able to get reimbursement or partial reimbursement from that province for an abortion done in Ontario. You will have to pay for your abortion on the day of the procedure. The clinic or hospital will provide you with the documents that you need to get reimbursement. Call your home province’s health insurance plan to find out if your province provides any reimbursement for out-of-province abortions.
- If you do not have a valid health card from a Canadian province, you will have to pay for your abortion. Costs at free standing clinics range from $300-$900, depending on how long you have been pregnant, the clinic and the type of procedure. Some clinics may have funds to assist those without insurance - call the clinics for more information. If you would like a hospital procedure, contact the BCBC for more information.