



## Abortion clinic Stimezo Zwolle supports abortion



## Stimezo Zwolle: Dedicated and professional support in the event of an unwanted pregnancy



### Abortion clinic Stimezo Zwolle helps with abortions

In the event of an unwanted pregnancy, we believe it is important that women are given freedom of choice. The Stimezo Abortion Clinic in Zwolle offers a safe environment and support for the termination of a pregnancy. From decision-making to abortion to after-care.

### Unwanted pregnancy?

Treatment is possible in our clinic up to 13 weeks after the first day of the last menstrual period. Abortion is possible in the Netherlands up to a gestation period of 24 weeks. If you are pregnant beyond the 13th week, we will refer you to a second trimester clinic.

### Confidential

All the procedures in our clinic fall under doctor-patient confidentiality. This means we will not share any information about your stay at the clinic without your express permission.

### Without prejudice

Many factors can make a pregnancy undesirable. We enter into an unbiased dialogue with you and always put your wishes first. In our clinic, we offer help to women of all ages. Stimezo Zwolle believes it is important that you are treated as quickly as possible, and this is why there are NO waiting times with us. As a rule, you can visit us the same day for an ultrasound examination and a consultancy.



Without judgement



Professional



Anonymous

# What to do in the event of an unwanted pregnancy?

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Abortion is possible in our clinic up to the end of the 13th week of pregnancy. If this time period has been exceeded, we will refer you to another clinic.

You should discuss your intention to terminate the pregnancy with your doctor alone. Prior to the treatment, an ultrasound is made to determine the exact gestational age.

To reach a well-considered decision, a so-called decision-making consultancy follows. During this consultancy, the intention to terminate the pregnancy is discussed, the medical data discussed with the nurse and/or doctor, and the nurse will explain the treatment and what you can expect that day. The consultancies are conducted with a sworn interpreter-translator in your native language.

## ► Treatment method

The abortion is performed by means of a suction curettage with anaesthesia (also called vacuum or suction aspiration).

## ► Suction curettage with anaesthesia

If you have the treatment performed with a short anaesthesia, you will be induced into sleep through an IV. You will then fall into a short deep sleep for 5 to 10 minutes.

You may still feel some mild cramps in the lower abdomen after the treatment. The nurse will carry out a number of checks in the recovery room and provide advice about which pain relief you can take when you get home. On the day of the treatment, the anaesthesiologist will also ask some questions in your native language. All the official documents, such as the treatment agreement, an empty stomach certificate and information for home use, are also available in your native language.

## ► Anaesthetic prescriptions

For treatment with short anaesthesia, you must appear at your appointment with an empty stomach. That means your stomach must be empty and that

- Eating: is allowed up to 6 hours before the appointment, after which it is absolutely not allowed.
- Drinking: you may only drink tea, water or orange juice up to 2 hours before the appointment. After that, you may not drink ANYTHING at all.
- **Medication:** You can take your usual medication with a drink of water up to 1 hour before the appointment. **EXCEPTION** this means blood thinners and medication for diabetes mellitus. If you are taking these medications, please contact the clinic to make arrangements for this.
- If your stomach is NOT empty, you cannot receive anaesthesia or extra pain relief.

### Pre-treatment (priming)

You will receive 2 tablets before the treatment that you must place under your tongue. These tablets have a working time of at least 1 hour and make the uterus more accessible. This will make the treatment go more smoothly and reduce the risk of complications.

### Pre-treatment (priming)

- A passport or other valid identification document
- Money or bank card (Maestro) if you want to buy an IUD from us
- Your blood group card, if you have one, detailing your blood group
- Do you make use of medicinal products? Please bring them with you on the day of treatment and request a medication overview from your pharmacy
- A long T-shirt or nightgown, cardigan and comfortable trousers
- An extra clean pair of underwear (not a thong), some sanitary towels (not tampons) and a pair of nice warm socks...
- Please take a **shower at home before the appointment.**



### DO NOT go home alone after the treatment

Once you have been treated, you are **NOT** allowed to go home alone. After receiving a short anaesthesia, you must **NOT** participate in traffic or drive a vehicle or ride a bike for 24 hours after the treatment. You can go home with your partner or supporter after approximately 3.5-4 hours from the time of the appointment.

### After the treatment

At the end of your stay in the clinic, you will receive written instructions from us in your native language about the period after the treatment. We will give you an antibiotic to prevent infections. We will also give you a questionnaire and a letter for your GP with information about the treatment.

### How much does an abortion cost in the Netherlands?

This procedure is free of charge for residents of the Netherlands. The costs are covered by the Ministry of Health. If you do not live in the Netherlands, we will inform you about the costs when making the appointment.

### After the abortion

Termination of a pregnancy in our clinic is a medically safe procedure and the risk of complications is extremely small. In the first period after the intervention there are a few things you should bear in mind. Immediately after an abortion

the risk of a complication is greatest. You are advised to take it easy for a few days and get plenty of rest. The sudden hormonal changes may make you feel tired and unbalanced. After the treatment, the body temperature often rises slightly. Without further complaints, a temperature below 38.5°C is not alarming.

### What can you expect after a curettage?

- Blood loss can vary greatly 10 to 14 days after termination of pregnancy, and may be accompanied by clots and abdominal cramps.
- Blood loss is often moderate to none in the first days after the suction curettage, and increases after the 2nd – 3rd day.
- Blood loss can sometimes continue until the next menstrual period.
- If you have an IUD installed after treatment, these complaints may last longer.

### What should you do and not do?

- You are provided with an antibiotic in the clinic (2 tablets of azithromycin 500 mg). In order to prevent infection for 10-14 days after the abortion, the advice is **NOT** to use tampons or menstrual cups, **NOT** to have vaginal sex, **NOT** to go swimming, and **NOT** to bathe.
- If you experience pain, take a painkiller (500 mg naproxen, 400 mg ibuprofen or 50 mg diclofenac). This can be supplemented with 1000 mg paracetamol if necessary.

### When to contact us?

We advise you to **contact the clinic** during our opening hours, or contact your **own GP/on-duty GP post** outside opening hours, if

- you develop a fever (38.5 degrees or higher) that lasts longer than 24 hours.
- you have persistent, severe pain that does not respond to the above pain relief.

Our telephone number is 038 4217000 and our e-mail address is [vragen@stimezo-zwolle.nl](mailto:vragen@stimezo-zwolle.nl).

### Prevention

During the decision-making consultancy, our doctor or nurse will discuss your preferences regarding contraceptives for the future. We will also provide advice about choosing the right contraceptive method to prevent another abortion. It is possible to have an IUD fitted immediately after the treatment.

## General

Stimezo Zwolle works with NGvA registered abortion doctors, NVOG registered gynaecologists, NvA registered anaesthesiologists and V&VN registered abortion nurses. All treatments are carried out professionally and safely in accordance with the legal framework and the applicable guidelines.

## Anonymity

The educational material and information provided are intended to help women formulate their decision as clearly and as concisely as possible. The consultancy takes place in a quiet and atmospheric environment. The staff at Stimezo Zwolle are professional, empathetic and knowledgeable. Stimezo Zwolle employees do not judge or condemn what is said, always take women seriously, and never make decisions for the women, no matter how difficult the decision-making may be. The care, decision-making and after-care focus on the woman and her specific problems. The protection of privacy is guaranteed.

## How to make an appointment

We can be reached by telephone from 8:15 AM – 4:15 PM Monday to Thursday and from 8:15 AM – 12:15 PM on Friday. Our telephone number is 038 4217000. You can also use the contact form (found at [www.stimezo-zwolle.nl/contact](http://www.stimezo-zwolle.nl/contact)) or the chat on the website.

*The contents of this brochure have been compiled with the utmost care. However, is it possible that some of the information may not be accurate, complete or applicable at any given time. The contents of this brochure are provided for informational purposes only and no rights can be derived.*



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Click on [www.stimezo-zwolle.nl](http://www.stimezo-zwolle.nl) for more information