

Safety of medical abortion up to 10 weeks at home

Ferreira I, Coutinho F, Fonseca M, Vasco E, Bombas T, Almeida MC, Moura P

Obstetrics Units A and B of Centro Hospitalar e Universitário de Coimbra, Portugal



Introduction

▶ Portugal

- ▶ Abortion by women's request is legal until 76 days of pregnancy.
- ▶ Two methods are used for abortion:
 - ▶ Surgical
 - ▶ Medical
- ▶ The rate of medical abortion is nearly 96% in the National Health System



Objectives

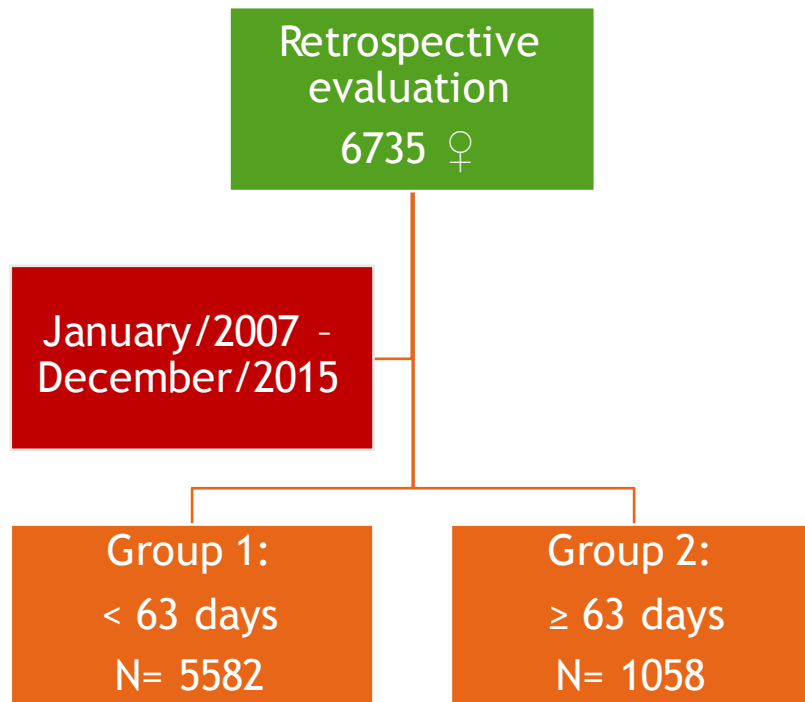


► Evaluate:

- Demographic characteristics
- Efficacy of the medical method of abortion
- **Safety of medical abortion at home before and after 9 weeks of pregnancy**
- Most common complications
- Course of action to resolve complications



Methods

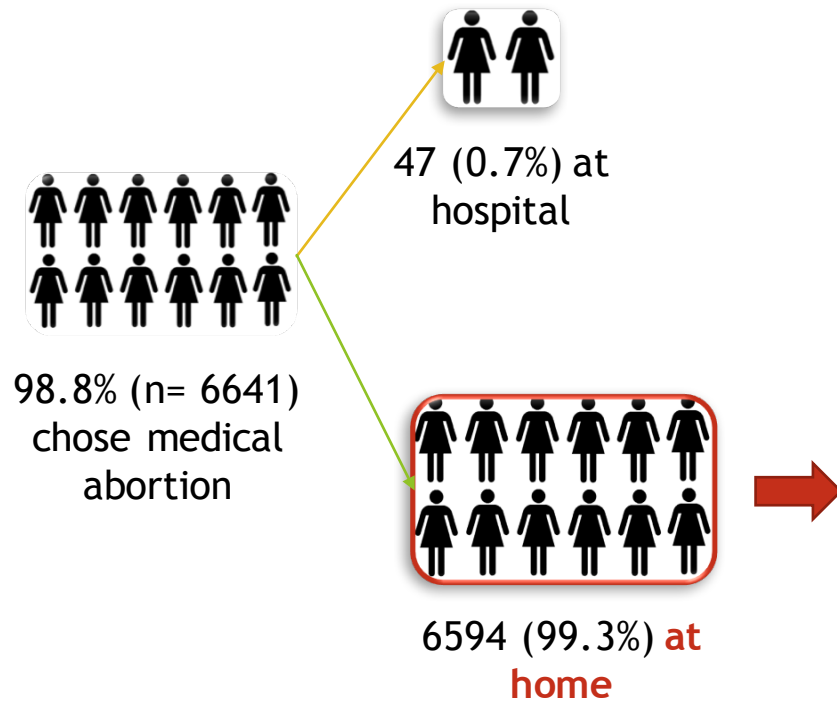


Protocol:

- Mifepristone 200 mg
- Vaginal misoprostol 800 mcg after 48 hours.

- ▶ Statistical analysis was made using Independent T-test; Chi-Square and Mann-Whitney U test in SPSS 20.0.

Results - sample characteristics



Mean age of women who chose medical abortion at home		
Group 1 (< 63 days)	29,1	P= 0,03
Group 2 (≥ 63 days)	28,3	

Results - Efficacy of medical abortion

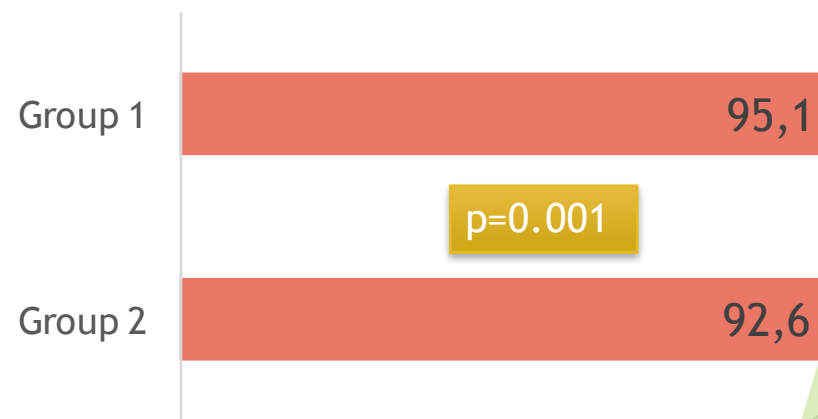
▶ Complete abortion:

- ▶ when there is complete expulsion of all the products of pregnancy (embryo and gestational sac).

▶ Failure of medical abortion:

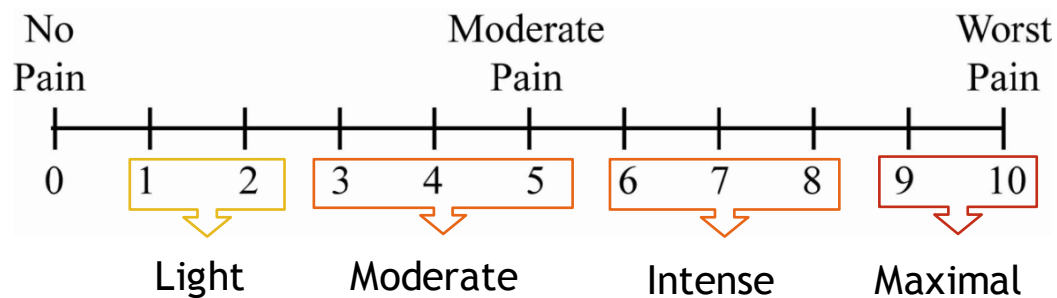
- ▶ when is still present a gestacional sac, with or without a viable embryo, after the intervention.

Efficacy of medical abortion at home (%)



Results - Pain

- ▶ The most common side effect
- ▶ The level of pain was evaluated between Jan/2014 and Dec/2015 (1380 women)
 - ▶ Questionnaire to all the women who underwent medical abortion
 - ▶ Revision appointment
- ▶ A numeric score from 0 to 10 was displayed

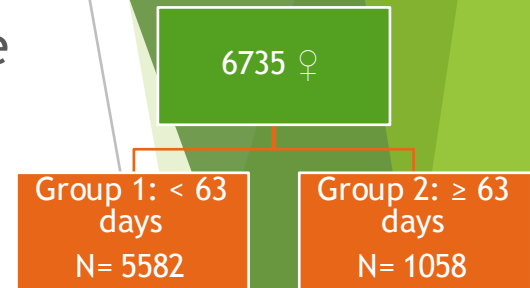
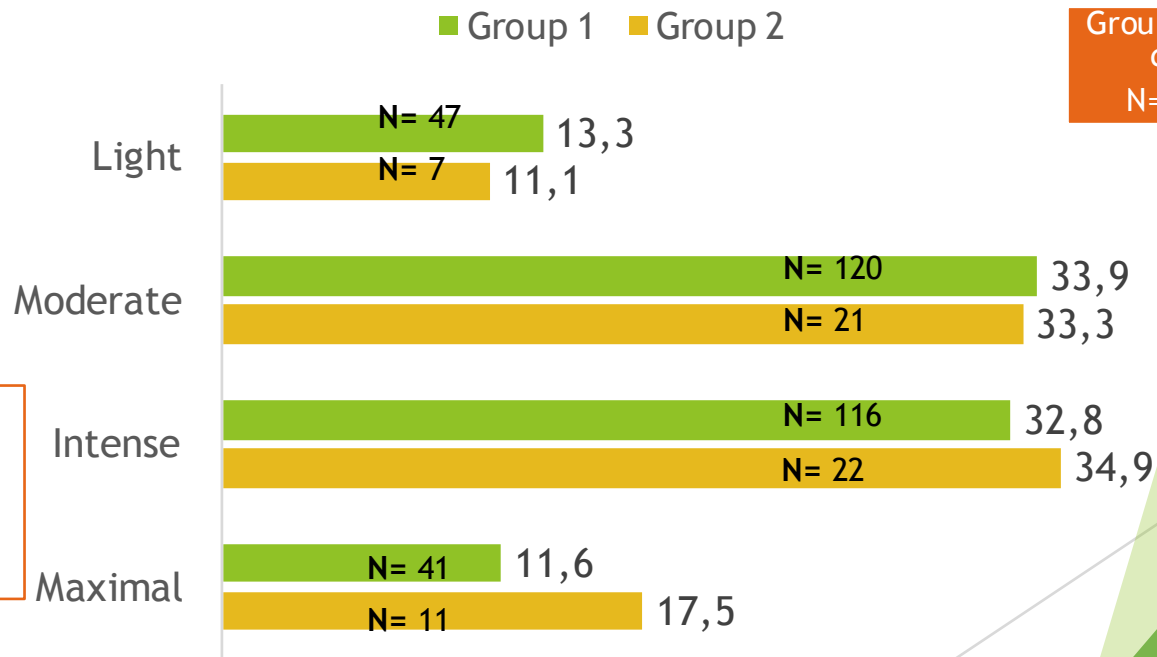


Results - Adverse events/pain

Intensity of pain in women who chose medical abortion at home (%)



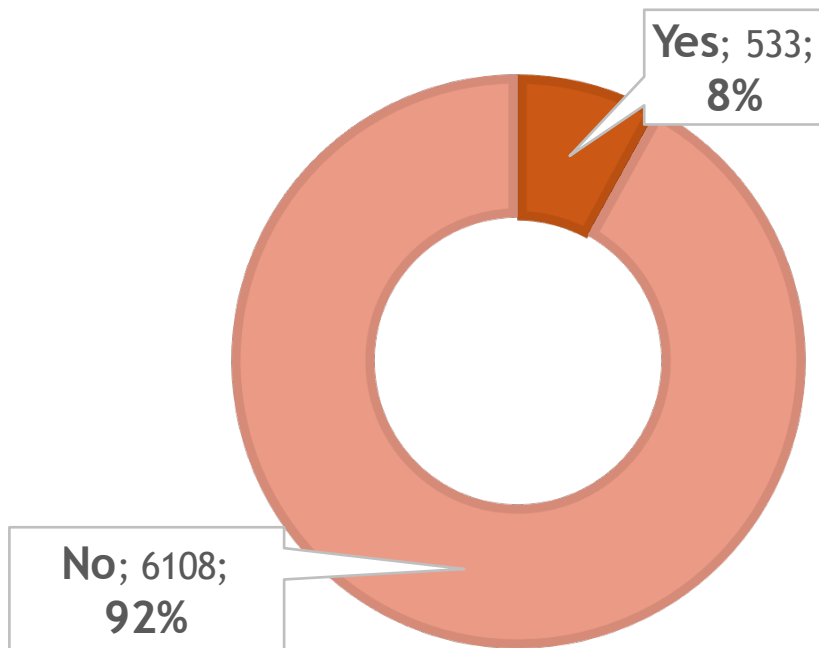
417 women complained about pain (30,2%)



Pain scores were not different between groups
 $p=0.4$

Results - Complications

COMPLICATIONS - NATIONAL HEALTH AUTHORITIES DEFINITIONS

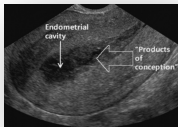
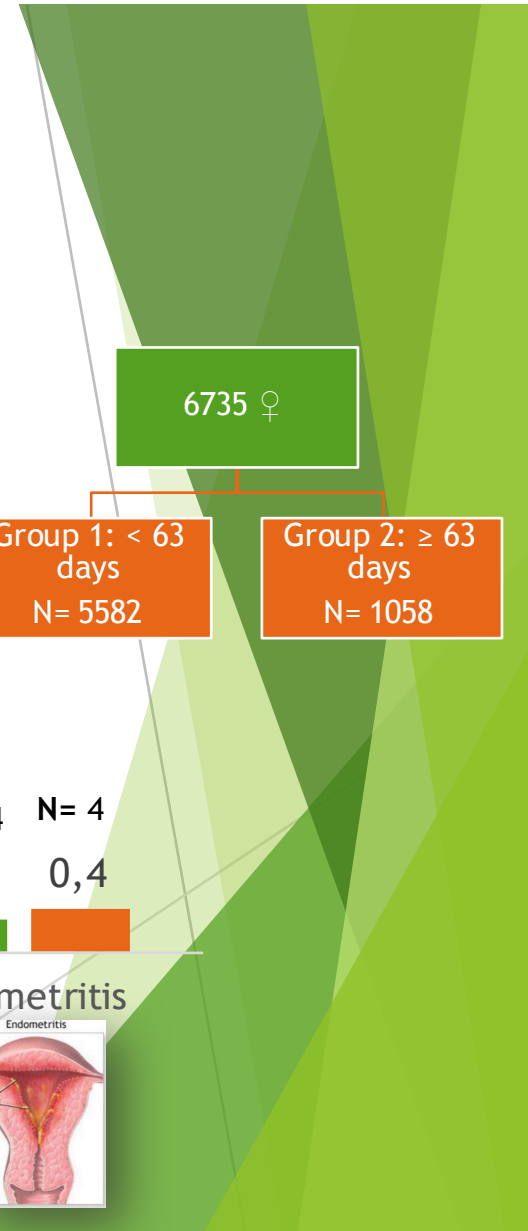
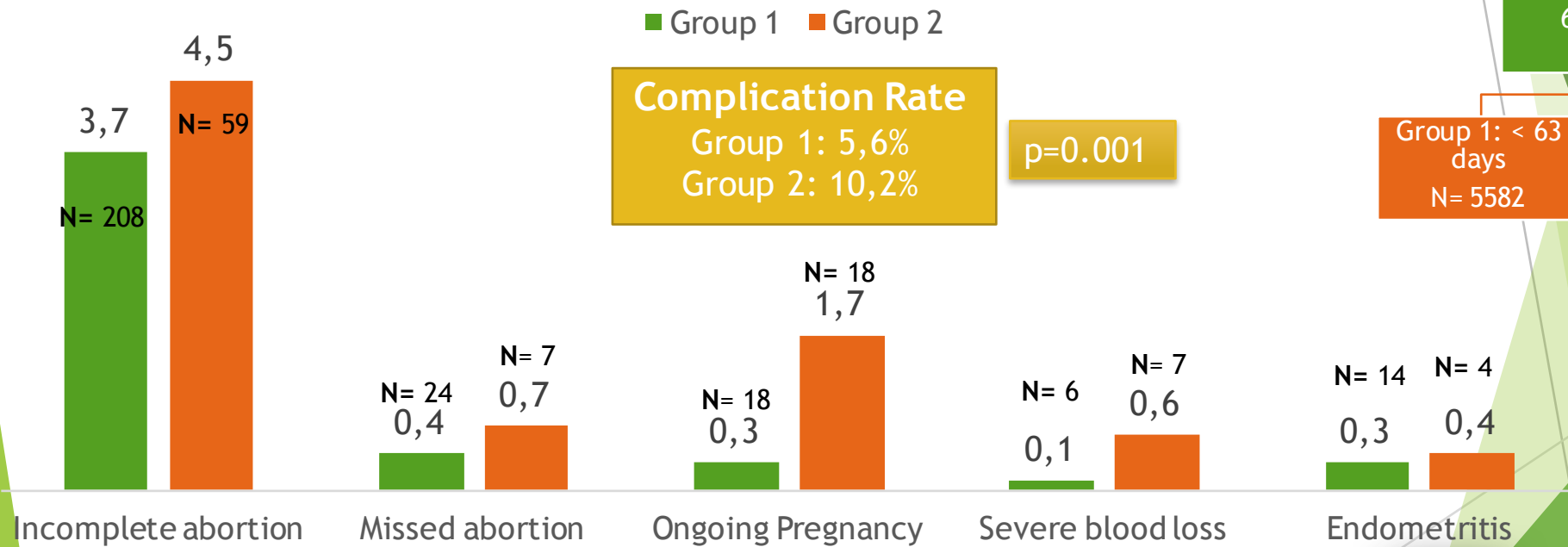


NHA Definitions for complications in abortion (2013):

1. Method failure
2. Incomplete abortion
3. Important hemorrhage
4. Infection (endometritis, sepsis)
5. Organ perforation/Uterine perforation
6. Uterine rupture
7. Vaginal/cervical laceration

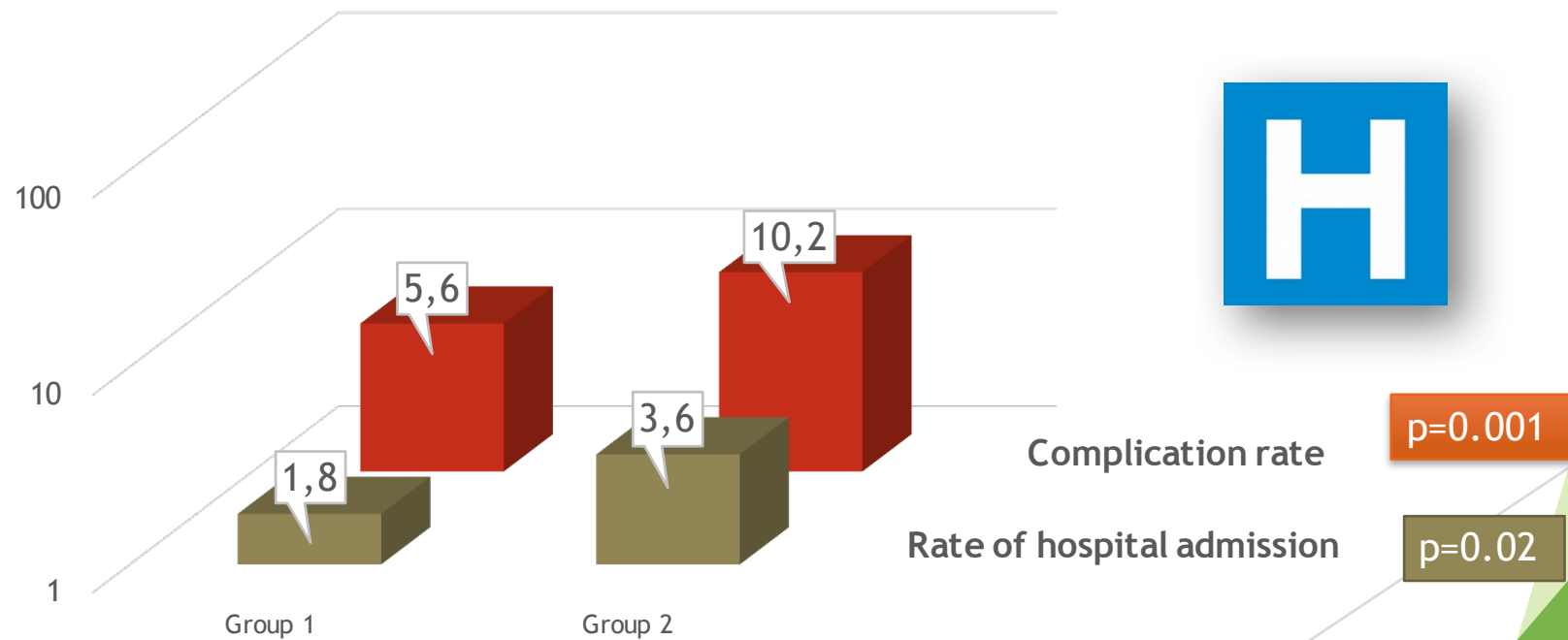
Results - complications

Complication rate of medical abortion at home (%)



Results - hospital admission

Global complication rate and hospital admission rate due to complications in women who chose medical abortion at home (%)



Conclusions

- ▶ Medical abortion at home
 - ▶ Is more effective before 9 weeks
 - ▶ The complication rate is higher after 9 weeks
- ▶ The most common side effect was pain
 - ▶ Pain scores were equally distributed between the two groups

