Out Patient Use of Mifepristone and Misoprostol before and after 8 weeks gestacional age

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Abortion

- In no case should abortion be promoted as a family planning method

- Women should have access to quality services for the management of complications arising from abortion

WHO, Cairo
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**Abortion in Portugal**

- Since 16th of July of 2007, abortion is legal by women request before 10 weeks.

- The protocols (Surgical / Medical) used have been done by Health Minister according to WHO recommendations.

  - **Medical Protocol:**
    - Before 8 w
      - Mifepristone 200 mg oral
      - 36 – 48hr later → Misoprostol 400 mcg vaginal
    - 8- 10 weeks
      - Mifepristone 200 mg oral
      - 36 – 48 hrs later → Misoprostol 800 mcg vaginal

  - **Surgical protocol:**
    - Vacuum aspiration
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Abortion in Portugal

• 1st Appointment
  – clinical history
  – ultrasound

• ≥3 days reflection

• 2nd Appointment
  – Therapeutic Regimen

• 3rd Appointment (2 or 3 weeks later)
  – Ultrasound
  – Contraception
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Material and Methods

• Retrospective analysis of 600 women who made a medical abortion in ambulatory during one year of experience.

• Comparison of two groups:
  Group 1– under 8 weeks
  Group 2– between 8 and 10 weeks

• During Data analysed using SPSS version 14.0
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Material and Methods

- **Group 1**
  - 450 women
  - Before 8 weeks

- **Group 2**
  - 150 women
  - 8 – 10 weeks
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Demographic Data

- **Mean Maternal Age** – 28.2 ± 7.6 ys
  - Adolescents: 11.8%

- **90% Portuguese nationality**
  - European Economic Countries: 4%
  - African countries: 4%
  - Others: 2%

- 50% married

- 90% 1st abortion

No statistical differences between two groups

(n=600)
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**Contraception Use**

- **No Contraceptive Method**: 30%
- **Under Contraceptive use**: 70%

Out of 600 cases,

- **Condom**: 50%
- **Oral Contraception**: 40%
- **Vaginal Ring**: 10%
- **Patch**: 5%
- **IUD**: 5%
- **Others**: 0%

No statistical differences between two groups.
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Contraception Use

70 % users of contraceptive methods

Reasons for failure:

- "Failure" of method: 27%
- Wrong use: 35%
- Non protected sexual intercourse: 11%
- Interference with other drugs: 27%

No statistical differences between two groups

(n=420)
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Reasons for abortion

Economical: 20%
Ocasional Intercourse: 18%
Maternal Disability: 3%
Family Reason: 37%
Professional: 22%

No statistical differences between two groups

(n=600)
## Clinical Data

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Complications</th>
<th>Group 2</th>
<th>p</th>
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</thead>
<tbody>
<tr>
<td>(n= 450; &lt;8 weeks)</td>
<td>95 %</td>
<td>86 %</td>
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<td></td>
<td>5 %</td>
<td>14 %</td>
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</table>
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Complications due to the procedure

- 7.2% overall (group 1 and 2)
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Level of satisfaction with protocol

No statistical differences between two groups

(n=600)
The use of medical abortion in out patient regimen was safe.

The complications had no statistical significance.

When questioned, patients expressed a high level of satisfaction with this protocol.
Thank you!

Marisa Moreira