

Abortion care over the Internet: New options for women

www.womenonweb.org

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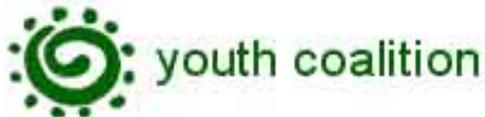
Background Women on Web

www.womenonweb.org

- Initiated by Women on Waves
- Internet-service to provide the opportunity to have access to safe medical abortions to those in need
- Website available in 6 Languages: English, French, Spanish, Portugese, Polish. Arabic

Participating NGO's

ma
ma
cash



I need an abortion



Do you have an unwanted pregnancy? Click here. This online medical abortion service helps women gain access to a safe abortion with pills in order to reduce the number of deaths due to unsafe abortions.

I had an abortion



Every year 42 million women have an abortion. Every 7 minutes a woman dies unnecessarily from an illegal abortion. Show your face, share your story, donate your money and help women around the world get access to safe abortions. Discuss and share information with others. Look for support if you are considering an abortion. Participate to support abortion rights, also if you did not have an abortion. Click on one of the portraits to find our more....

I need an abortion

Women on Web service

- Web based consultation of a doctor
- Accessible only for women in countries where abortion is prohibited
- Consultation questions and counselling information
- Advice to have ultrasound
- If no contra-indications: possibility to receive Mifepriston and Misoprostol
- Donation of 70 euro
- Help email service
- Follow-up mail

Questions and Answers

Whether you are a woman in need of an abortion, a journalist or are just curious about this service, here we try to answer all possible questions you might have.

Every question has a simple answer and a more in-depth answer which refers to scientific articles. The information given here is regularly updated with the latest scientific research.

General:

Why is this help service needed?

What is a medical abortion?

Is it difficult to use Mifepristone and Misoprostol by yourself ?

Is a medical abortion dangerous?

Is it safe to get a consultation for a medical abortion over the internet?

How is this protocol different than using only Misoprostol?

Is it legal?

Pregnancy:

How do you know if you are pregnant and how long you have been pregnant for?

How many weeks into your pregnancy can you do a medical abortion?

What will happen if you do a medical abortion after the first 9 weeks?

What if you are not pregnant but take the medicines anyway?

What are hCG levels during pregnancy?

What if you have a RH-bloodtype?

Precautions:

When should you not use the medicines?

What is a contraindication and how do you know if you have one?

What is an ectopic pregnancy and how do you know if you have one?

What is an IUD?

Why shouldn't you be alone when you do a medical abortion and what if you do it alone anyway?

Why should you be within 60 minutes of a hospital or first aid centre when you do the abortion?

Consultation questions and counseling information

- **General**
- **Pregnancy**
- **Precautions**
- **Medical abortion**
- **The abortion process**
- **Complications of medical abortion**
- **After Care**

Did you have an ultrasound?

An ultrasound is important because it can determine the exact length of your pregnancy and can diagnose an ectopic pregnancy (outside the womb).

- 1 **Yes**
- 2 **No**
I haven't gone yet
- 3 **No**
because an ultrasound is not available

Do you have an unwanted pregnancy and does it endanger your health?

Women on Web works to help women achieve the World Health Organization's definition of health. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

- 1 **Yes, I need an abortion**
- 2 **Yes but I want to continue the pregnancy**
and give the baby up for adoption
- 3 **No**
go back to home page

How do you know if you are pregnant and how long you have been pregnant for?

What if you are not pregnant but take the medicines anyway?

Are you sure you want to end your pregnancy and no one is forcing you?

For many women, ending a pregnancy is a difficult decision. If you cannot discuss the abortion or alternatives with a healthcare provider, we advise you to talk about it with a good friend or a relative. We seriously advise young girls to talk with their parents or another trusted adult about their situation, decision and the abortion procedure. It is very important that your decision was made free of coercion.

- 1 **Yes, I am sure**
I need an abortion and nobody is forcing me
- 2 **No**
I am not sure

How do you feel about your decision?

Different women have different feelings about the decision to have an abortion. You might feel guilty, confused, selfish, stupid, scared, peaceful, afraid, happy, resolved, grieving, ashamed, confident, irresponsible, sad, numb, comfortable, confident, angry, trapped, doubtful, relieved, disappointed or any other feeling.

You can read about the experiences of other women who have done abortions on the "I had an abortion" part of this site.

- 1 **I can cope with my feelings about my decision**
Continue the consultation
- 2 **I am troubled by my feelings and worried about possible psychological effects**
and would like more information

Do you require psychological counseling after you have had an abortion?

No provision/ Contra-indications

- If the woman feels forced to end pregnancy
- If > 9 weeks of pregnancy
- If allergy Mifepristone/ Misoprostol
- If IUD in situ
- If proven ectopic pregnancy
- If severe illness (anemia, inherited porphyria, chronic adrenalic failure)
- If > 1 hr from hospital
- If no support

How should you use the medicines?

To end a pregnancy the medicines should be used in the following way:

- **First you should swallow one tablet of Mifepristone. This medicine blocks the effects of progesterone, the hormone that is necessary to maintain the pregnancy.**
- **24 hours later you should put 4 tablets of Misoprostol in the space between gum and cheek (the buccal cavity) and keep there there for at least 30 minutes, until the tablets are dissolved. You can swallow your saliva. After 30 minutes you can swallow the remains of the tablets.**
- **4 hours after using the first dose of Misoprostol, you should use 2 more tablets of Misoprostol in the space between gum and cheek (the buccal cavity).**

Do you need an abortion?

This online medical abortion service helps women around the world gain access to a safe medical abortion (with the pills mifepristone and misoprostol) in order to reduce the number of deaths due to unsafe abortions.

Questions and Answers

Whether you are a woman in need of an abortion, a journalist or are just curious about this service, here we try to answer all possible questions you might have.

Reference List

These are the sources for the information found in the Question and Answer section. By exploring these sources, you can find the scientific studies and articles that further explain the information and services we provide.

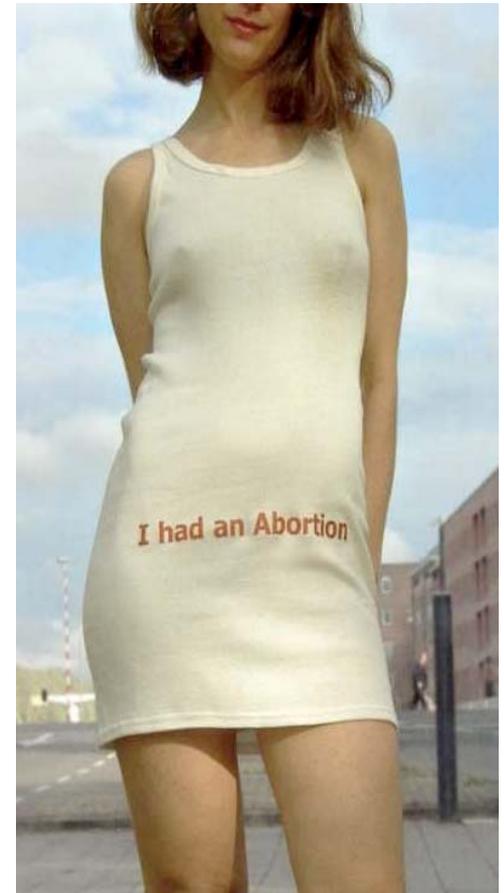


After care / follow-up

- Advice for pregnancy test after 3 weeks or US after 10 days
- Mail after 5 weeks: complications, subjective experiences, contraception

Global results

- **Women from more than 90 countries were referred to a doctor**
- **35 000 single user hits per month**
- **2 500 help emails replied per month**
- **Around 1 000 women shared their stories to support other women in need**





BJOG Publication

Using telemedicine for termination of pregnancy with mifepristone and misoprostol in settings where there is no access to safe services

RJ Gomperts, K Jelinska, S Davies, K Gemzell-Danielsson, G Kleiverda

BJOG 2008; DOI: 10.1111/j.1471-0528.2008.01787.x.

Main Results

	2006	January 2007
Number of women	484	174
Follow-up	265 (54,8%)	135 (77,6%)
VA for incomplete abortion	29 (11,6%)	8 (6,8%)
VA for severe bleeding	5 (2%)	0
Ongoing pregnancy	4 (1,6%)	0
Infection	2 (0,8%)	3 (2,5%)
Did not do the abortion	16 (6 %)	17 (12,6%)

Pregnancy data

- 78.9 % confirmed by ultrasound
- 80% less than 7 weeks
- 20 % 7-9 weeks
- Mean age 27 yrs (range: 15-46)
- 8.1% teenage
- 46.9% nulliparous
- 1.2% pregnancy due to rape

Women's experiences

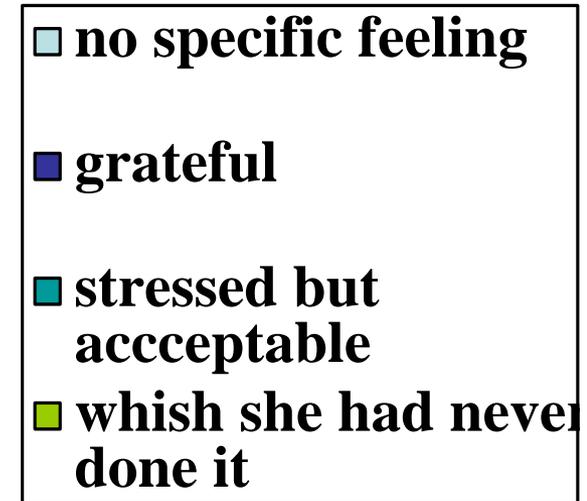
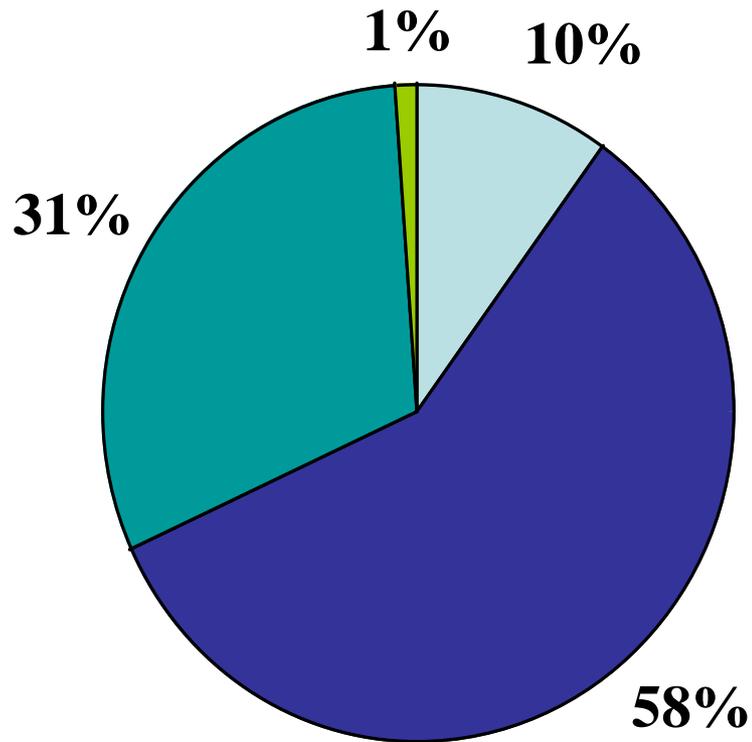
- “I was left in no doubt about the abortion being complete and was so grateful to have had that moment in the privacy of my own bathroom and not a strange clinic with strangers around me. It was such a relief to have full control of the whole procedure and I firmly believe it made the whole sad experience a lot more bearable.”
- “Not as difficult as i though it will be...really”

Women's experiences

“I'm single. in most moslem countries, if a single girl get pregnant, it's a big shame for her and her family. I was very happy that medicine worked. If not, i could face a big problem searching other ways”

“See, I never supported women who had or wanted to have an abortion...I even though I could never do such a thing, but this situation you only understand once you are in it. For me it was the end, this organization made it the beginning...I can get a job, rent a little room & start a new life.”

Acceptability 2006 (78% respons)



Discussion (1)

- Issues of counselling are similar to face a face counselling
- Women's responsibility to provide reliable answers and to estimate length of pregnancy
- Buccal use no risk of prosecution
- About 50% of women provide follow-up info, similar to follow-up in other studies
- If closer follow-up: more women not using the medicines, more women with complications report
- Still, % of curettages high

Discussion (2)

How to increase use?

- 2008: google no longer advertisements

How to have better follow-up?

How to increase satisfaction?

How to provide reliable info, warning and not too scary at the time?

How to diminish unnecessary curettages?

Dangers of internet



The image shows a screenshot of a web browser displaying the website 'http://www.abortion-pill-online.com/'. The browser's address bar shows the URL, and the search bar contains 'zoek...' and 'Latest Headlines'. The website's main heading is 'Abortion Pill Online' in a large, black, serif font. Below the heading is a navigation menu with four buttons: 'Home', 'FAQ', 'Order', and 'Contact'. The main content area features the text 'Medical Non-Surgical Abortion' and 'Buy Mifepristone , Mifegyne , RU 486 online'. A photograph of a box of Mifegyne (Mifepristone) tablets is shown, with the text 'MIFEGYNE MIFEPRISTONE' and 'comprimés à 200 mg ROUSSEL' visible. Below the photograph is the text 'Mail Order - Worldwide Delivery' in red, underlined font. At the bottom, it states 'We accept Credit Cards and eCheck' and displays logos for VISA, MasterCard, American Express, and DISCOVER CARD.

http://www.abortion-pill-online.com/

zoek... Latest Headlines

Abortion Pill Online

Home FAQ Order Contact

Medical Non-Surgical Abortion
Buy Mifepristone , Mifegyne , RU 486 online



Mail Order - Worldwide Delivery

We accept Credit Cards and eCheck

VISA MasterCard American Express DISCOVER CARD

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Thanks for your attention

Consultation and counseling general

- Why is this help service needed?
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change

- Evaluation – why many curettage – because of complaints or because dokters money/ not used to do nothing
- Better Q en E: Rhesus – wy curettage - if not complaints
- Piankiller study to Cecilia
- Less anxious, only in hospital > 9 wk
- Less worry – only pregn test if conf

Consultation and counseling pregnancy

- How do you know if you are pregnant and how long you have been pregnant for?
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What is an IUD?
Why shouldn't you be alone when you do a medical abortion and what if you do it alone anyway?
Why should you be within 60 minutes of a hospital or first aid centre when you do the abortion?

Complications of Medical Abortion

- How do you know if you have a complication and what should you do?
How do you know if you have a post-abortion infection?
How do you know if you have an incomplete abortion?
What is a curettage/vacuum aspiration and is it necessary after medical abortion?
How do you know if you have a continuing pregnancy?
What are the chances that the fetus will be malformed if you have an ongoing pregnancy?

Abortion After-Care

- Do you require psychological counseling after an abortion?
Does medical abortion increase the risk of breast cancer?
Will you be able to get pregnant and have children after a medical abortion?
When can you get pregnant again after doing the medical abortion?
How can you prevent a future unwanted pregnancy?
Reference List

Medical abortion

- How should you use the medicines?
Why should you use Misoprostol buccally, in the space between the gum and cheek?
What happens if you do not use Misoprostol in time?
What if you take the Mifepristone and then decide not to take the Misoprostol?
Can you use Mifepristone and Misoprostol if you are still breastfeeding?

The abortion process

- When will you start bleeding and how long will it last?
What if you don't bleed after you use the medications?
Can you see the products of the abortion (placenta, embryo, blood) and what should you do with them?
What are the side effects of the medicines?
What is a complete, successful abortion and how do you know if you've had one?

You are here: [Home](#) > [News](#) > [UK News](#)

Women risk health by using abortion websites

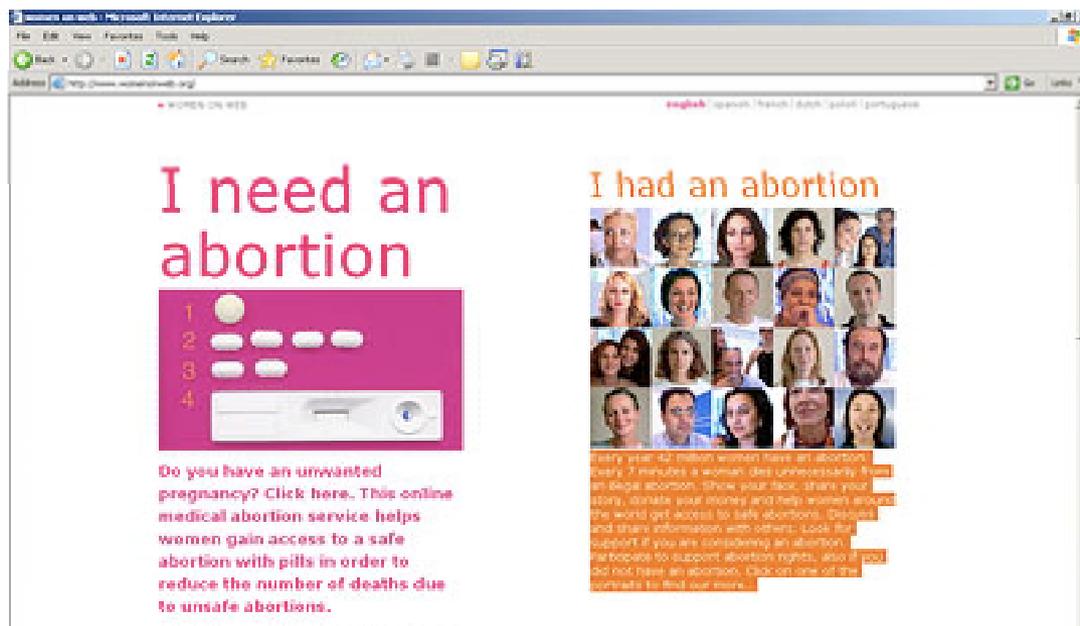
Women across the world are risking their health by accessing abortion medicines online and using them unsupervised, a study has revealed.



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In 2006 only 41%
and in 2007 52%
of women knew
about medical abortion
before finding
Women on Web

Results of evaluation

- After maximising the follow up from 54.8 to 77.6%, 12.6% decided not to do the TOP
- 6.8% of the women who did the medical TOP at home needed a vacuum aspiration.
- Telemedicine can provide an alternative to unsafe TOP.
- Outcomes of care are in the same range as TOP provided in outpatient settings.