

This information is useful for an abortion in pregnancies that are 14 weeks or less for an MVA, and 15 weeks or less for an EVA, counted from the first day of your last menstrual period.

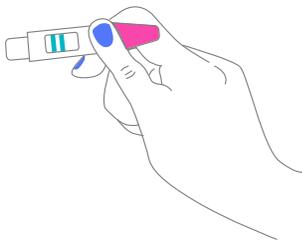
**Manual Vacuum Aspiration (MVA)** is a method of surgical abortion performed for pregnancies up to 14 weeks of gestation in which the clinician uses instruments, such as a silent, handheld suction device to remove the pregnancy from the uterus.

**Electric Vacuum Aspiration (EVA)** is similar to MVA, but can be performed up to 15 weeks of gestation and uses an electric machine to create suction to remove the pregnancy. Because EVA requires electricity, it may not be available in low-resource settings.

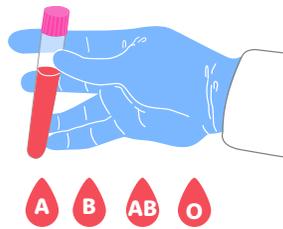
- MVA and EVA are **99% effective** and are performed by a trained provider in a clinic.
- It takes between **5-10 minutes** to complete a vacuum aspiration abortion.

## TESTS BEFORE A VACUUM ASPIRATION ABORTION

- 1** Urine pregnancy testing



- 2** Determination of Rh blood type

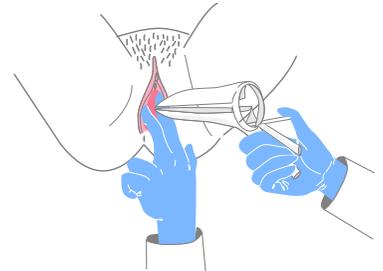


- 3** Estimation of the gestational age by:

ultrasound

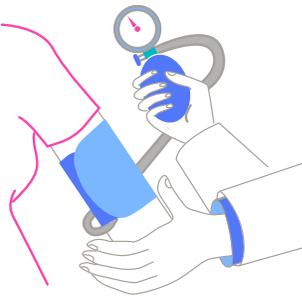


or



pelvic exam

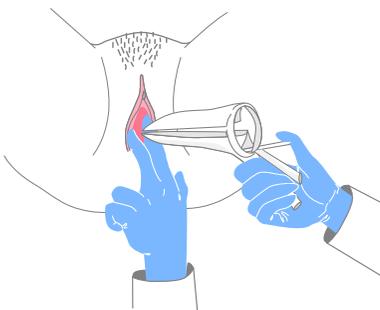
- 4** Blood pressure measurement



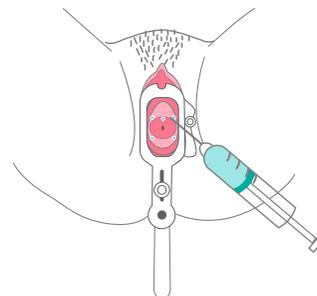
**ADDITIONAL TESTS** may be performed based on a country's legal requirements.

## THE VACUUM ASPIRATION ABORTION STEP-BY-STEP

- 1** The procedure will begin with a **pelvic or speculum exam**.

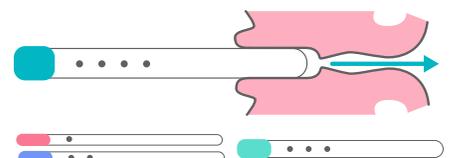


- 2** A local **anesthesia** will be injected next to the cervix.



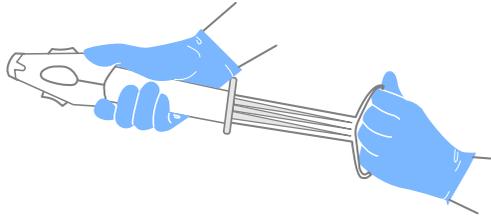
- 3** The clinician will **dilate the cervix** with instruments called cervical dilators.

These dilators gradually increase in size depending how far along the pregnancy is.

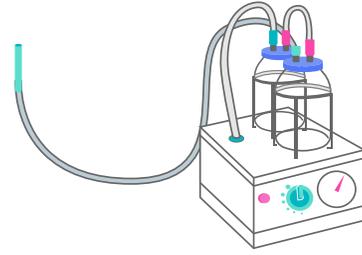


4 Once the desired dilation is achieved, the clinician will perform the **aspiration** and remove the pregnancy.

A) With a silent, handheld suction device, called an *Ipas*, for a **Manual Vacuum Aspiration (MVA)**.



B) With an electrical machine for the **Electric Vacuum Aspiration (EVA)**.



or

5 After removal of the pregnancy, the provider may choose to do an ultrasound and then the woman will be allowed to **rest**.

## POST ABORTION CARE AFTER VACUUM ASPIRATION



Women are often given **ibuprofen**, or a similar **pain medicine**, to use at home for any continued cramping.



A **follow-up visit** is sometimes offered. This is not required, but each woman should listen to the recommendation of their own health-care provider.



**Wait until the bleeding lightens** before introducing objects into the vagina and doing intense physical activities.



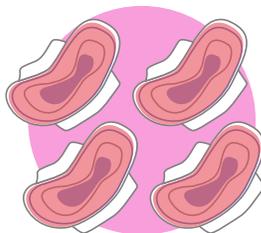
*There is no medically proven amount of time that a woman has to wait to do specific activities, like showering/bathing, exercising, using tampons, or having sex.*

*However, each woman is different and can return to her normal activities when it feels right for her.*

When performed by trained professionals, **complications are extremely rare**, but you should seek immediate medical help if you experience any of the following:



High fever, dizziness, nausea, and muscle aches



Severe bleeding, such as 4 full pads in 2 hours



Vaginal discharge that has increased or is foul-smelling

**Your menstrual cycle** may return in approximately 4-6 weeks.

**Your fertility** can return very quickly. If you wish to prevent another unwanted pregnancy, it is recommended that you start a contraceptive method right away.



For more information and support, contact our abortion counselors by email at [info@safe2choose.org](mailto:info@safe2choose.org) or by live chat on [safe2choose.org](https://www.safe2choose.org).