HOW TO HAVE A VACUUM ASPIRATION ABORTION

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.

WHAT IS IT?

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 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 the 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
   - Pelvic exam
4. Blood pressure measurement

ADDITIONAL TESTS may be performed based on the 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 is injected next to the cervix.
3. The clinician will dilate the cervix with instruments called cervical dilators.
   These dilators gradually increase in size depending on the number of pregnancy weeks.
After removal of the pregnancy, the provider may choose to do an ultrasound, then the woman is allowed to rest.

For more information and support, contact our abortion counselors by email at info@safe2choose.org or by live chat on safe2choose.org.

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 to start a contraceptive method right away.

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