



Instructions for your surgical abortion appointment

Your appointment is on _____ at _____. The visit time averages four to five hours; it may be shorter or longer, so please make flexible arrangements. Please give 24 hours' notice if you wish to cancel or reschedule.

PAPERWORK Enclosed are your medical chart, a counseling assessment, and information on abortion risks and pain management. **Please read all instructions before filling out or signing forms. Complete all paperwork and bring it with you to your appointment.**

1. **Fill out** the inner left-hand page and the contraceptive section on the upper right-hand page of your medical chart.
2. **Read but do not sign** the consent form on the back of your chart.
3. **Read, initial and date** the information on risks and complications.
4. **Fill out** the counseling assessment.
5. **Read** the information sheet on pain management.

PAYMENT INFORMATION

- **If you have insurance:** We accept Cigna, Anthem, Harvard Pilgrim, and United Health Care. You must provide your insurance information to us ahead of time so we can verify your benefits prior to your appointment.
- **If you are not using insurance:** Payment in full is expected on your appointment day. We accept cash, credit/debit cards (MC/VISA/Discover), money order, or cashier's check (no personal checks). The abortion fee covers the procedure, ultrasound, routine labs and medications, and a follow-up visit. **Please note:** This fee increases at 12 weeks of pregnancy and up. You will be expected to pay the higher fee if our ultrasound determines your pregnancy to be 12 weeks or over. Please come prepared to pay for this, as well as other possible extra costs, such as Rhogam if you have a negative blood.

Your fee is: _____ (less than 12 weeks); _____ (12 weeks or over).

INSTRUCTIONS FOR YOUR APPOINTMENT

- Arrive promptly. If you are late we cannot guarantee we will be able to see you.
- Dress comfortably and eat something before your appointment.
- Do not take cocaine, heroin or other street drugs for 48 hours before your appointment.
- You may drive yourself or bring one friend. (Note: Some of the pain medications we offer require that you have someone to drive you home afterward.)
- Bring the following in a small paper or plastic bag (no purses or backpacks allowed):

Your completed paperwork Picture I.D. First morning urine sample Two maxi-pads	Payment in full (credit card, money order) Extra cash, credit card or checkbook Insurance card and co-payment if applicable Several quarters for the parking meter
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(over)

Your appointment will include the following:

Intake: This includes lab work, ultrasound, and counseling. A health worker will explain the abortion procedure and aftercare instructions, and address your questions and concerns. If you need a birth control method, she will discuss your options with you.

Medications: You may take pain medication after signing your consent form. *If you want to take narcotic pain medication, you must have someone to drive you home.*

Break: After the intake process, there will be a break of between 30 minutes and two hours before the abortion is performed. You may want to plan to go out for part of this time. There are numerous stores, coffee shops, and restaurants within a short distance of the Health Center.

Procedure: The doctor will do a brief physical exam and then will perform the abortion procedure, which normally takes about 5 minutes. You will be awake and may experience some cramping, which usually subsides within 10-15 minutes.

Recovery: After the procedure, you will rest for about 30 minutes in our aftercare room. You will receive Rhogam if needed before you leave. We will send you home with an antibiotic to prevent infection; birth control prescription and samples as available; and any other needed prescriptions.

We are committed to providing abortion services in a safe and supportive atmosphere. Occasionally, anti-choice individuals demonstrate in front of our building, and while they are generally peaceful, we recognize the added stress this causes for women using our services. We ask your understanding and cooperation with the following security measures for this and all future appointments:

- You must present picture I.D. to be admitted to our building.
- You must let us know in advance the name of anyone accompanying you, and your companion must also present identification.
- No backpacks, purses etc. are allowed. Bring in only what you need, in a small paper or plastic bag. You may bring your wallet, cell phone, and other small personal items.
- Federal law prohibits demonstrators from blocking your way into our building. You are free to speak with them, but if you don't want them to approach you and clearly tell them so, they are required by city ordinance to keep a distance of at least 8 feet. Please report any violations

- **FROM ROUTE 93 HEADING NORTH:** Take Exit 13 and turn left onto Main Street (3N). Keep going straight. ** Look for McDonald's on your left and Dunkin' Donuts on your right. After 3 sets of traffic lights, look for the Capitol Center for the Arts on your left. The Health Center is the first house at the beginning of the next block, on the corner of Thompson and South Main Streets. Gibson's book store is across the street. Park in front of the building.
- **FROM ROUTE 93 HEADING SOUTH:** Get off at exit 13. At the end of the exit ramp turn right and follow the directions above from **.
- **FROM ROUTE 89 HEADING SOUTH:** Follow Rte. 89 to the end and get onto Route 93 heading north. Then follow the directions for heading north on Route 93.
- **FROM KEENE/PETERBOROUGH AREA:** Go east on Rte. 202/9. At Hopkinton it will merge with Rte. 89. Follow the directions above for heading south on Rte. 89.
- **FROM SEACOAST AREA (heading west on Route 4):** Follow Rte. 4 to Concord; get on Rte 393. Take the exit for 93 South and follow the directions for heading south on 93.

Thank you for choosing EHC for your care. If you have any questions, call us at (603) 225-2739 or email us at info@equalityhc.org.