

You are scheduled for an In-Clinic (Surgical) Abortion.

Please call us at 1-866-476-1321 if you have any questions about your appointment.

- Call if you have questions or concerns about paying for your abortion. Payment is due at the time of your visit.
- Call if you have insurance – we can check to see if your insurance will cover your abortion.
- Call if you want more information on comfort measures (options for sedation or pain medicine).

We may call you with questions – our number is blocked on Caller ID.

How can I pay for the visit?

Payment is due at the time of your visit. Please call us if you have questions or concerns about paying.

- You can pay with Cash, Money Order, Visa, Mastercard, or Discover. We do not take American Express.
- If you use a credit card, the person whose name is on the credit card must be with you to sign the receipt. We cannot take a credit card payment over the phone.
- We cannot take checks for abortion visits.

What are my options for pain medicine?

You have the option to take medicine to help you relax and be more comfortable for your procedure. Our clinicians will make sure the medicines are safe for you to use.

Sedation: anti-anxiety medicine to help you feel more relaxed and less anxious

Analgesia: pain medicine to reduce pain and help you feel more comfortable

Option	What you should know
<p>No Extra Medicine</p>	<p>Many people have the procedure using only an NSAID (like Ibuprofen).</p> <ul style="list-style-type: none"> • You can drive yourself home
<p>Minimal Sedation/Analgesia Available in Burlington, Manchester, Portland, Rutland, and White River Junction</p>	<p>You take this medicine by mouth. You will not fall asleep, but you may feel more relaxed. These medicines may lessen anxiety and/or pain.</p> <ul style="list-style-type: none"> • You need someone to drive you home • You might feel sleepy after your appointment
<p>Moderate Sedation/Analgesia* Available in Burlington (some days), Manchester, and Portland</p> <p>*required with procedures 14 or more weeks from last period</p>	<p>You get this medicine through a small flexible tube (IV) in a vein in your arm. You are still awake, but you may feel more relaxed or groggy. These medicines may lessen anxiety and/or pain.</p> <ul style="list-style-type: none"> • You need someone to drive you home • You should wear a short-sleeved shirt • You might feel sleepy after your appointment • If your last menstrual period started more than 18 weeks ago, please don't eat within 5 hours of your appointment. Sips of water after that time are OK. • Call us for more information on availability – 1-866-476-1321

Do I need a ride?

You will need a ride if you use any sedation or pain medication. You may feel sleepy and cannot drive after taking these medications.

Where can I park?

Most sites have a parking lot on site or nearby, or there is on-street parking around the health center. If you are scheduled at one of the following sites, there are special parking instructions:

Burlington, VT	In the garage immediately next to our building, there are 10 parking spots clearly labeled for PPNNE parking.
Portland, ME	<p>PPNNE will validate parking at two parking garages near the health center. Bring your ticket in for us to validate.</p> <ul style="list-style-type: none"> • Elm Street Parking Garage 21 Elm St, Portland, ME Directly behind our building on Elm Street • Public Market Garage 315 Cumberland Ave, Portland, ME One block down Elm Street, past Cumberland Avenue). <p>There is also on-street metered parking with a 2-hour limit. Your visit will probably last longer than 2 hours, so we encourage you to park in a garage.</p>
White River Junction, VT	Parking is available on the street as well as the free Municipal Parking Lot behind our building.

How long will I be there?

Your safety is what's most important to us. How long you are here will depend on how many patients are scheduled and what kind of visit you're having. We cannot promise that your visit will be a certain length. **Please be prepared to be in our office for:**

- Abortion Pill (Medication Abortion) – at least 1 ½ to 3 hours
- In-clinic Abortion procedure up to 12 weeks – at least 3 to 4 hours
- In-clinic Abortion procedure over 12 weeks – at least 5 to 6 hours

Can anyone come with me?

We encourage you to have the support of a friend, partner, or relative during your visit. Due to limited space in the waiting room, we allow patients to have one support person to stay for the visit.

- You can choose how involved you want your support person to be. We will always start the visit with just you. Your support person can be with you for most parts of your visit and is welcome to ask questions. There may be times where we need to ask your support person to wait in the waiting room.
- Please make arrangements for child care.

Can I eat or drink before the appointment?

If your last menstrual period started more than 18 weeks ago, please don't eat within 5 hours of your appointment. Sips of water after that time are OK. Otherwise, you may eat and drink before the appointment.

What will happen during my appointment?

You will meet with a few different staff people during your visit. We will go over your medical history. You will have an ultrasound unless you have had one recently at Planned Parenthood. We will review information about your abortion and when to call us after. We will do some lab work. If you want birth control, we can talk about that too.

You may be given medicine to help you feel more relaxed and comfortable. Your provider will empty your uterus using gentle suction and sometimes other medical tools. An In-Clinic Abortion procedure usually lasts about 5-15 minutes. It is normal to feel strong period-like cramps. After the procedure, you will rest in our recovery room for about 15-30 minutes until you are ready to go home.

You can watch a short Planned Parenthood video about In-Clinic Abortion here:

<https://www.plannedparenthood.org/learn/abortion/in-clinic-abortion-procedures>

Can I get birth control at my appointment?

Yes – we can talk to you about birth control options.

What if I change my mind about having an abortion?

That's OK – we are here to help you with whatever choice is best for you, in whatever way we can. If you have questions or would like to talk about other pregnancy options, please ask a staff member.

Is there Wi-Fi?

We have free wi-fi available in the waiting room.

Will anyone know I am there?

Confidentiality is a top priority for us, and HIPAA privacy policies are strictly followed. Please let a staff member know if you have a specific concern about confidentiality or safety.

Filming and photography are not allowed in our health care facilities. Do not take pictures or video in the health center.

Will there be protesters?

Some of our health centers have protesters outside. We recommend that you not talk to or engage with the protesters. Please let us know if you would like to leave a written report about your experience with them at your visit.

If you are under 18 years old...

We encourage you to talk to a parent or trusted adult. If you would like to talk about your pregnancy options, please call us at 1-866-476-1321.

Other Special Instructions for In-Clinic (Surgical) Abortion Visits

- If you want medicine to help relax and be more comfortable (Minimal Sedation or Moderate Sedation), you will need someone to drive you home.
- Take 800 mg of Ibuprofen (like Advil or Motrin) before your appointment. This helps with cramps. If you don't have Ibuprofen, we can give it to you at the appointment.
- Wear comfortable clothes and underwear so you can use a pad.