Safe Abortion

Methods for Safe Abortion

- **Medical Abortion**
  - Can be done in less than 7 weeks after LMP
  - Under supervision of medical provider

- **Manual Vacuum Aspiration**
  - Can be done up to 9 weeks of pregnancy
  - Woman needs to stay in the health facility for a few hours

- **Dilatation and curettage (D and C)**
  - Can be done up to 12 weeks of pregnancy
  - Is associated with a higher risk of complications

Post-Abortion Care

- Avoid sex for 5 days post-abortion
- Drink plenty of fluids
- Use contraception always

Post-Abortion Complications

- **Heavy Bleeding**
- **High Fever**
- **Severe pain in the abdomen**
- **Fainting and Confusion**

ASHA's Role in Safe Abortion

- Counsel women on abortion service
- Conduct home visits on days 3 & 7 after abortion
- Provide information on signs of complications
- Motivate use of contraception post-abortion