



Dipartimento della Donna, del Bambino e del Neonato
UOC Ostetricia e UOC Ginecologia
Servizio Legge 194 - Consultorio Familiare Padiglione Bertarelli, via Pace 15
Segreteria: Tel. 02.55034906 fax 02.55034336

GENERAL INFORMATION ON VOLUNTARY TERMINATION OF PREGNANCY (VTP)

Since 1978, according to of Law 194, you can request **voluntary termination of pregnancy (VTP)** within the first 90 days of gestation for the following reasons: health, family, social or economic. VTP surgery is carried out in public health facilities and is free for Italian and non-Italian women with a valid health card. In order to have access to termination of pregnancy the request must be certified and signed by a physician that carries out the consultation and examination, and the woman has to sign the certification.

Considering the time limits to carry out VTP it is important that you contact the family counselling service (Consultorio) soon, in order to have the necessary time to take your decision. You can also contact the Consultorio if you cannot take an informed decision and, if you so wish, we are most willing to talk to your partner.

If a minor requests VTP, consensus of both parents, or the parent that has exclusive parental responsibility, is required.

If you have already spoken to your parents you can come with them to the Consultorio, for the examination and certificate. If you cannot or don't want to talk to your parents the consultorio team (social worker, psychologist and gynaecologist) will prepare a report for the Tutelary Judge, who must give approval instead of your parents. Bear in mind that during these procedures nobody can contact your parents without your consensus, but you can arrange the consultorio teams help in talking to one or both of them. Addressing VTP with the support of at least one parent can make you feel less abandoned and frightened. Talking with the consultorio team will help you to understand what choice is most advisable for your future mental health.

After 90 days of gestation a possible interruption of pregnancy can occur if the gynaecologist believes that there is a severe physical or mental health impairment of the woman. In order to accept or reject the woman's request the gynaecologist can request a consultation with a psychologist or psychiatrist.

VOLUNTARY TERMINATION OF PREGNANCY PROCEDURES

The different procedures to interrupt pregnancy will be explained to you; you can choose the procedure you prefer:

- Surgical abortion with local anaesthetic
- Surgical abortion with general anaesthetic
- Medical abortion (only until the 9th week from the beginning of the last menstruation).





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HOW IS INTERRUPTION OF PREGNANCY CARRIED OUT SURGICALLY?

Surgical abortion is carried out in hospital. As soon as you arrive in the ward you will be assigned a bed in a room and you will be given 2 tablets of a drug belonging to the prostaglandin family (misoprostol) to insert in the vagina to prepare the cervix for surgery. This drug rarely causes painful contractions of the uterus and bleeding. If it happens you can ask for an analgesic. After a variable period of time between 30 minutes and an hour you will be taken to the operating theatre. Surgery can be carried out with a local anaesthetic (with an injection of local anaesthetic at the level of the cervix) or general anaesthetic. In both cases, the gynaecologist carries out dilation of the cervix, insertion of a cannula in the uterus and aspiration of the gestational sac with the embryo. You will always be administered an endovenous antibiotic before the surgery and an analgesic. Our hospital performs an ultrasound in the operating theatre to confirm abortion.

Both procedures last 10-15 minutes. Discharge is in the early afternoon, usually within 3:30 p.m..

After the surgery an intrauterine device or subcutaneous implant to reduce unintended pregnancies can be inserted.

HOW IS INTERRUPTION OF PREGNANCY CARRIED OUT WITH A MEDICAL PROCEDURE?

It can be carried out within the 9th week of pregnancy, or within the 63rd day from the first day of the last menstrual cycle.

Medical abortion is induced by taking two drugs 48 hours from each other.

The first drug, mifepristone, blocks progesterone activity and causes internal abortion.

Usually, after taking it in the consultorio, there are no significant symptoms; only in 3-4% of cases you can have blood loss, sometimes considerable. In 5% of patients this drug is enough for abortion.

The second drug, belonging to the prostaglandin family (4 tablets of Misoprostol administered sublingually), is taken in hospital after 48/72 hours. It will cause painful uterine contractions and blood loss, sometimes considerable, with expulsion of blood clots and embryonic tissues (gestational sac and embryo). Pain during abortion can be intense, but lessens after expulsion of abortive material. In association to Misoprostol tablets, an analgesic will be given intravenously. If you have a lot of pain you can ask for more analgesic.

You will be aware of abortion, but you will hardly notice the embryo has been expelled, that at this stage of pregnancy has a maximum size of 2 cm. Blood loss can continue for various days (generally it stops within 10 days).

In 95% of cases complete medical treatment with the combination of mifepristone and prostaglandin is effective in interrupting pregnancy within 24 hours.

In the afternoon, between 1:30 p.m. and 3:00 p.m., an ultrasound with a transvaginal probe will be carried out to confirm abortion. If the ultrasound does not confirm abortion, the gynaecologist will decide with you on a new administration of Misoprostol or on a minor uterine curettage surgery to complete abortion.





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What happens if you want to interrupt medical VTP?

It is your right to interrupt treatment in any moment.

If you decide to interrupt treatment after Mifepristone, to date there are no reports of a greater number of foetal or neonatal malformations than in any other pregnancy.

Instead, if pregnancy continues after taking the second drug, belonging to the prostaglandin family, an increase in the number of late abortions, premature births or foetal malformations, some diagnosable only after birth of the newborn, are reported.

HOW CAN YOU BOOK A VOLUNTARY TERMINATION OF PREGNANCY (VTP)?

For an appointment for VTP in the short term:

- 1) if you already have a VTP Certificate and a valid Health Card or you already have a valid STP (Temporarily Present Foreigners) you must call 02-55034906, Monday to Friday from 8.00 a.m. to 9.00 p.m. and from 2.00 p.m. to 2.30 p.m.
- 2) if **you do not have** a VTP certificate or you are a citizen coming from a country outside the European Union without a residence permit, you must call the Consultorio 02-55034900 or send an e-mail at consultoriofamiliare@policlinico.mi.it

WHAT TO DO AFTER YOUR VOLUNTARY TERMINATION OF PREGNANCY (VTP)?

Before going back home, you will be handed a discharge letter with the indications on what to do in the next few days. For any problem (temperature, abdominal cramps, considerable blood losses) you can go to the Pronto Soccorso Ostetrico-Ginecologico (Obstetric-Gynecological First Aid), at any time of the day or night.

In case of medical abortion, after about 40 days a check-up in the consultorio to check if there are residues of deciduous-ovular material with a trans-vaginal ultrasound, which you have to attend, will be scheduled.

In any case we recommend you fix an appointment in the consultorio or to your gynaecologist of choice for a check-up and to discuss contraception, even after surgical abortion. The Consultorio offers social and psychological consultations as well as gynecological check-ups.

HOW TO BOOK AN APPOINTMENT FOR VOLUNTARY TERMINATION OF PREGNANCY ?

You have to book pre-admission for VTP in ambulatorio Legge 194 :

- enter in via Pace 9 - Milano,
- follow the indications for Consultorio Familiare (Family Counselling Center),
- enter from the door that leads to the stairs at the back of the consultorio
- fill in the form with your recent history of COVID-19 infection
- wait for the 194 call from the Segreteria (secretariat)





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Compulsory documents to bring at the day of the appointment:

- VTP certificate countersigned by you of a gynaecologist or your physician
- Photocopy of identity document or valid passport and the original document
- Valid photocopy Health Card/ STP / TEAM Card (European Health insurance Card) and the original document
- Photocopy of the blood group, if possessed
- Documentation of previous medical examinations for possible pathologies that affect you

What to do on the day of the appointment:

- two hours before the appointment you can have a light breakfast
- if you regularly take drugs, you can take them
- when you arrive in segreteria, you will be handed the medical record with an identification number with which you will be called to safeguard your privacy
- you will have an interview, examination and ultrasound with endovaginal probe with the gynaecologist
- you will sign the consensus for surgery or medical abortion
- a nurse will call you for blood sampling and possibly an electrocardiogram

If you have chosen surgical abortion:

- you will wait for the examination with the anaesthetist, that will be between 12 a.m.-1 p.m.
- at the end of the examination you have to return to the segreteria to fix the date of the surgery
- in the following days we will call you to fix an at the swab clinic in Via Pace 9 48 to 72 hours before surgery,
- on the appointed day you will undergo the Covid-19 nasopharyngeal swab.
- towards 2 p.m. you can go back home

If you have chosen medical abortion:

- you will be sent to the swab clinic near the entrance of Via Pace to undergo the Covid-19 nasopharyngeal swab.
- you will wait for the blood count until 12 a.m.-1 p.m, checked by the gynaecologist
- the nurse will give you the first drug to take orally
- you will remain under observation for one hour
- you will be told the date of the hospital appointment to take the second drug.
- towards 2 p.m. you can go back home

If you need a proof for your employer remember to ask the segreteria 194. Of course only your time of permanence in the consultorio will be indicated, while the reason for your examination will not be indicated.