

Is abortion safe?

Yes. Abortion is one of the safest procedures done. The earlier in the pregnancy the safer the abortion. However, since there are risks associated with any surgical procedure, the doctor will discuss these with you.

There is no evidence that having an abortion causes problems with future pregnancies.

There is also no evidence that having an abortion leads to breast cancer or depression.

Do I need my parents consent?

No. In Saskatchewan, no parental consent is required as long as it is clear that the individual understands what she is doing. All women seeking abortions must meet the same criteria for competency.

Confidentiality

Strict confidentiality is maintained. However, you may wish to tell staff at admitting at the hospital if you do not want your information sent to your family physician.

How much does abortion cost?

If you are a resident of Saskatchewan and have a Saskatchewan health card, there is no fee for the procedure.

Because of reciprocal billing, there is no fee for abortions done in Calgary or Edmonton. However, costs may occur due to lost time from work and travel expenses.

Be cautious of healthcare professionals who are not willing to discuss all of your options with you. You may need to seek assistance elsewhere.

This is an informational handout only.

If you have any questions or concerns contact

**Planned Parenthood Regina
or your family physician**

Planned Parenthood Regina
1920 B Francis St
Regina, SK
Phone: 306-522-0902

Hours of Operation

Monday, Wednesday & Friday
9 a.m.- 5 p.m.
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday
9:00 a.m.—8 p.m.
(closed from 12:00-12:45 for lunch)

Saturday
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:
Closed

**O
P
T
I
O
N
S**

Information
For
Saskatchewan
Women

Planned
Parenthood
Regina
Sexual Health
Education
Centre

Tel: (306) 522-0902

Here are answers to the most common questions about abortion.

What is an abortion?

Abortion is the ending of a pregnancy. There are two basic types of abortion:

1. Spontaneous Abortion; also known as a miscarriage. The fetus or embryo is expelled due to physical causes not related to a doctor's intervention.
2. Therapeutic Abortion; the embryo is removed either surgically or medically by a physician. The type of procedure varies dependent on how far along a woman is in her pregnancy.

Types of Therapeutic Abortion

1. **Medical Abortion:** This is offered in Regina up to 9 weeks of pregnancy. A medication that consists of 2 pills are taken orally to induce a miscarriage. This is 97% effective at terminating pregnancy and is available for free at the Regina Women's Health Centre.
1. **Surgical Abortion:** This is done for all pregnancies over 9 weeks and for some under 9 weeks. It is a day procedure where a patient undergoes moderate sedation to end the pregnancy. This is available at the Regina Women's Health Centre.

Is abortion legal?

Yes. Canada is one of the few countries in the world where women have the right to terminate a pregnancy with dignity and respect.

Status Indians can be reimbursed for these out of province costs by calling 1-866-885-3933 extension 3

Where is the procedure done?

All abortions in Saskatchewan are done in hospitals. In Regina, they can be done up to 18 weeks and 6 days of gestational age. Abortions at later gestational ages can be done in Calgary.

In Regina:

Women can self refer to the Women's Health Centre at the General Hospital. This means that you can call the WHC directly, and they will provide you with the information you need to proceed. Booking an appointment gives you access to a social worker if you are unsure about your decision or need further social support.

Procedures in Regina can be done up to and including 18 weeks and 6 days of pregnancy.

Phone: The Women's Health Centre at 766-0586 or 1-800-563-9923

In Saskatoon:

Women require a referral from The Sexual Health Centre of Saskatoon, or from a pro-choice physician.

Procedures are done in the hospital through day surgery and can occur up to 12 weeks of pregnancy.

Phone: The Sexual Health Centre at

1-306-244-7989

Abortions done over 18 weeks and 6 days but less than 20 weeks of pregnancy are referred to clinics in Alberta.

In Calgary:

Abortions done between 18 and 20 weeks are done at;

1. The Outpatient Gynecology Clinic in the Peter Lougheed Hospital. Phone: 1-403-291-8555
2. The Kensington Clinic. Phone: 1-403-283-9117

In Edmonton:

The Morgentaler Clinic provides abortions between 6 and 18 weeks. Phone : 1-403-484-1124

Is there a waiting list?

Yes. Waiting lists are generally 2-3 weeks in Regina and Saskatoon depending on gestational age at presentation.

Is the procedure painful?

Medications are given to control pain during procedures. Surgical abortions in Regina are done with IV pain medication and moderate sedation.

Your doctor and/or nurse will discuss pain control if you experience cramps (like menstrual cramps) following an abortion.