







# Follow-up self-assessment instructions

Follow up after medical abortion is essential to make sure the abortion has been successful and that there are no complications. We have provided you with a pregnancy test to do 14 to 21 days after **Step 1** of your treatment. **Please do not do the test any sooner than 14 days after your treatment.** The instructions on how to do this test are over the page.

Please record the following information in case you need to contact us:

Date of Step 1 (mifepristone)	<input type="text" value="/"/> / <input type="text" value="/"/>
Date of urine pregnancy test	<input type="text" value="/"/> / <input type="text" value="/"/>
Pregnancy test result	<input type="checkbox"/> Positive <input type="checkbox"/> Negative <input type="checkbox"/> Invalid

Even if your pregnancy test is negative, you could still be pregnant or have complications so please call our Aftercare service on **1300 888 022** if you answer **YES** to any of the following:

	My bleeding was less than my normal period in total	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	I have not had a period within 6 weeks of my treatment	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	I still have pregnancy symptoms such as tender breasts or feeling sick (nausea), or my tummy is growing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	I have persistent bleeding heavier than a period	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	I have strong abdominal (tummy) pain	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	I have a fever or feel tired or generally unwell	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If the pregnancy test is Positive or Invalid or you are experiencing any of the above symptoms or are concerned in any way, please call our aftercare service on **1300 888 022**. We will discuss what happens next. This may include arranging further tests (for example a blood test or ultrasound scan), or review in one of our clinics or with a health practitioner close to you.



## Aftercare

Our free aftercare service **1300 888 022** connects you to experienced registered nurses.

# Home pregnancy test instructions

Check4® is a urine pregnancy test for use after an abortion to check that the treatment has been effective.

You may only do this test between 14 to 21 days after **Step 1** of your treatment. **Please do not do the test any sooner than 14 days after the treatment.**

It is best to do the test first thing in the morning, as your urine is more concentrated.

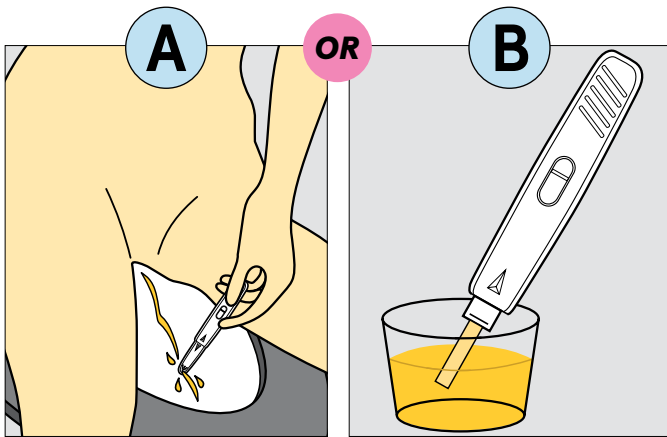
## Instructions

DO EITHER **A** OR **B**.

**A** Hold the thin, absorbent tip of the test directly in your urine stream for 5-10 seconds (**take care that no urine enters the test window**).

OR

**B** Collect your urine in a clean and dry container. Dip the absorbent tip into the urine for at least 5-10 seconds in order for it to be completely soaked.



**THEN:** Place the test on a flat surface, window side up and wait 5 minutes then read the result.

**Do not check before 5 minutes has passed, or after 10 minutes has passed as the result will NOT be valid.**

## Results

### Negative test result



Only one pink coloured band appears in the Control window (the smaller window) and no band appears in the Test window (the **largest** window). The test is negative.

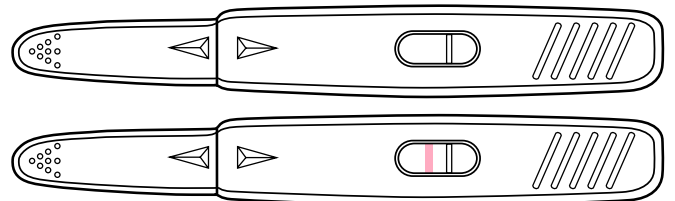
**Negative: ONE pink line in the smaller window (the handle end).**

### Positive test result



**TWO** pink lines can be seen, one in each window.

### Invalid test result



No pink lines at all **OR** one pink line in the **larger** window.

If your test is **Positive** or **Invalid** please call our Aftercare service on **1300 888 022**.



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