

## Supplementary material

### Consultation form Women on Web



## I need an abortion

Do you have an unwanted pregnancy? Our trusted online abortion service can help you do a safe abortion with pills

### Manage your own abortion safely

The abortion pill is safe, effective and simple to administer. Medical abortions performed in the first 10 weeks of pregnancy have a very low risk of complications and resemble having an early miscarriage that can be safely taken care of in the privacy of your own home.

After you have completed the online consultation below, a medical abortion can be prescribed to you by a licensed medical provider. The combination of two pills, [mifepristone](#) and [misoprostol](#) will be sent to you via mail. Our help desk and medical team will provide step-by-step instructions and walk you through the process in real time.

Women on Web can provide you with assistance if:

- You are less than 10 weeks pregnant,
- You do not suffer any severe illnesses,
- You have problem accessing safe abortion.

#### Consultation

The online consultation consists of 25 questions and is meant to familiarize our medical team with your situation and to make sure you can safely have a medical abortion. Before you start the consultation, if possible, please confirm your pregnancy with a pregnancy test or an ultrasound. All the information you provide will remain confidential.

#### Donations

At the end of the consultation, we ask that you donate 70, 80 or 90 euros [depending on your location](#) and your economic circumstances to enable us to continue our work of assisting women's health. If you are in a very difficult economic situation, please let us know so we can assist you. If you are able to donate more, we ask you to give as much as you can so we can assist women in similar situations who may be unable to make a donation.

For more information about the procedure or administering the abortion pill, please visit our [Questions and Answers page](#).

To find out more about our team and who we are, visit the [Team](#) and [About Women on Web](#).

If you have any questions, please email us at [info@womenonweb.org](mailto:info@womenonweb.org).

I read and agree with the Terms of Use.

Yes.  No.

I will answer all questions of the online consultation truthfully and consent to sharing this information with the medical team. I can withdraw my consent at any time by emailing to [info@womenonweb.org](mailto:info@womenonweb.org). All information will remain confidential.

[Terms of Use and Privacy Policy](#)

Did you take a pregnancy test?

Yes, and I am pregnant.  No, but I did an ultrasound and I am pregnant.  No, I did not do a pregnancy test.

[What if you are not pregnant but take the medicines anyway?](#)

Do a pregnancy test or ultrasound first.

I am sure I am pregnant.

Do a pregnancy test first. You can do a pregnancy test from the first day you missed your expected period and onwards. Before this time, the level of hormones produced by the pregnancy is too low to show up on the test and you may get a 'false negative' result. A pregnancy test can be bought at a pharmacy or drugstore. You only need to put a bit of urine on the tester and after a few minutes you will see if you are pregnant or not. You can also go to your general practitioner or family doctor for a pregnancy test.

[What if you are not pregnant but take the medicines anyway?](#)

Did you have an ultrasound?

An ultrasound is important because it can determine the exact length of your pregnancy and can diagnose an ectopic pregnancy (a pregnancy outside the womb). If you had an ultrasound, please email a photo or scan of your ultrasound to [info@womenonweb.org](mailto:info@womenonweb.org).

Yes  No

**If you have strong recurrent pain on one side in your lower belly, please get an ultrasound as that might be a ectopic pregnancy (outside the womb) and this is dangerous!**

If you did not do an ultrasound, why not?

I cannot afford one  I cannot get to a clinic to get one because of distance or lack of transportation  I did not know that I needed one  I am afraid my partner or other people will find out  I just did not have time to do it  I am unsure where to get one  I thought I did not need one as I am sure I am pregnant and I know how long I have been pregnant

[What is an ectopic pregnancy and how do you know you have one?](#)

Do you have an unwanted pregnancy?

Yes, I need an abortion.  Yes, but I want to continue the pregnancy and give the baby up for adoption.

No, I want to stop the consultation

Women on Web works to help women achieve the World Health Organization's definition of health. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

[How to find out if you are pregnant & how far along you are?](#)

[What if you are not pregnant but take the medicines anyway?](#)

## How do you feel about your decision?

Different women have different feelings about the decision to have an abortion. You might feel guilty, confused, selfish, stupid, scared, peaceful, afraid, happy, resolved, grieving, ashamed, irresponsible, sad, numb, comfortable, confident, angry, trapped, doubtful, relieved, disappointed or any other feeling.

You can read about the experiences of other women who have done abortions on the "[I had an abortion](#)" part of this site.

I can cope with my feelings about my decision.

I am troubled by my feelings and worried about possible psychological effects and would like more information.

[Do you require psychological counseling after you have had an abortion?](#)

## Are you worried about the psychological effects?

You may be at risk for psychological disturbances.

- If you are seeking an abortion because of medical or genetic concerns regarding your health or the health of your fetus
- If you already suffer from psychiatric illness
- If you are conflicted about having an abortion
- If you have been delayed in seeking abortion

If you are conflicted about having an abortion, consider your other possibilities. You can also choose to give your baby up for adoption, or you can choose to continue the pregnancy. No one can force you to have an abortion. Try to find someone who you can discuss the experience with, such as a close friend or relative, your partner, your parents, or a trusted medical professional. Though no one can tell you what to do, by listening they can provide you with support during an intense time. If you feel alone and ashamed of your decision, perhaps you might consider exploring the "I had an abortion" part of this site, where women who have had abortions and supporters speak out on the subject and discuss their experiences. Connecting with others who have had similar experiences can help you alleviate feelings of loneliness and shame.

If you are genuinely suffering from a psychological disturbance, please look for professional help.

I can cope with my feelings about my decision.

I would like to stop the online consultation and have psychological help first.

Are you sure you want to end your pregnancy and no one is forcing you?

I am sure I need an abortion and nobody is forcing me.  No, I am not sure.

For some women, ending a pregnancy is a difficult decision. If you cannot discuss the abortion or alternatives with a healthcare provider, we advise you to talk about it with a good friend or a relative. We seriously advise young girls to talk with their parents or another trusted adult about their situation, decision and the abortion procedure. It is very important that your decision was made free of coercion.

You should never do an abortion if you are not sure or if somebody is forcing you!

You can always return if you decide it is right for you.

You cannot continue with the consultation. Please look for help with your situation. Talk with a friend or find a professional.

Where do you live?

This services is for women in countries where access to safe abortion is restricted.

## When was the first day of your last menstruation?

Please choose a month and a day

### Pregnancy Calculator

This tool will help you estimate how many weeks pregnant you are.

Today you are pregnant ... days (... weeks and ... days).

A medical abortion works best if the medicines are taken as early as possible in pregnancy and are most effective up to 70 days (10 weeks) of pregnancy.

*Our online abortion service can assist you if you have an unwanted pregnancy, you are less than 10 weeks pregnant and struggle to access safe abortion. Please fill out our online consultation [here](#).*

How long have you been pregnant?

less than 7 weeks  between 7 and 10 weeks  more than 10 weeks

To exactly determine the length of your pregnancy, you can get an ultrasound. You can also calculate how long you have been pregnant by determining how many weeks ago your last period was. Calculate what day your last normal period started. You should include that day and start counting up until today.

[How many weeks into your pregnancy can you do an abortion with pills?](#)

[What will happen if you do an abortion with pills after the first 10 weeks?](#)

Are you able to get to a hospital or first aid centre in 60 minutes or less?

Yes  No

Just as when you give birth or miscarry, it is important that you are near basic medical care in case complications occur.

Why should you be within 60 minutes of a hospital or first aid centre when you do the abortion?

Make sure you can get near a hospital or first aid centre within 60 minutes when doing a medical abortion!

I want to continue the consultation and I hereby declare that I will only take the medicines at a place nearby a hospital and I will stay there until the abortion has taken place.

I want to stop the consultation.

Although there is only a small chance of complication, it is absolutely necessary for you to be within one hour of help. If you are losing too much blood or get an infection you will need to get medical aid quickly. This is also the case when a woman has a miscarriage or gives birth. Women should always have access to good health care in case something goes wrong during abortion, miscarriage, or birth. Treatment for the complications of an abortion is the same as those of a spontaneous abortion (miscarriage). If there is a problem, you should always go to the hospital or any doctor. The doctor cannot see the difference between a miscarriage and an abortion. If you think the hospital staff might report an abortion to the police, you can just tell them that you had a miscarriage. If you can not get near to a hospital or first aid centre to do the abortion, you cannot continue with your request.

Do you have somebody who can help you during the medical abortion?

There will be somebody with me during the medical abortion.  I do not know anybody who could be with me.

In the rare case of a complication, a partner or friend will be able to help you get the medical care you need.

Why shouldn't you be alone when you do a abortion with pills and what if you do it alone anyway?

Are you sure you cannot find somebody you trust?

I will make sure that somebody with me during the medical abortion.  I want to stop the consultation.

You should never attempt to do an abortion alone. While doing the abortion, it is important to have someone close by; this can be a partner, a friend, or a relative who knows about the abortion and who can help in case of complications. Once the bleeding starts, someone should stay in contact with you to help should complications occur. If you do not want to tell anybody about the abortion, you can also tell somebody near you that you do not feel very well and if they can check on you every 2 hours.

Do you have an IUD in place?

No, I do not have an IUD.  Yes, I have an IUD in place.

An IUD is a contraceptive, a small coil of about 3 cm inserted by a doctor in the womb to prevent pregnancy. If possible, we advise to have it removed before a medical abortion can be done.

Go to a doctor to have the IUD removed

I hereby declare that I will go to a doctor and have my IUD removed before doing the abortion.

I want to end the consultation. I can return to the website after I have the IUD removed.

You can use the medications if you have an IUD. A woman who has an IUD and is pregnant must have an ultrasound because the risk of an ectopic pregnancy (pregnancy outside the womb) is higher.

Do you think you have an STI?

No, I do not have a STI.  I might have a STI.

An STI is a sexually transmitted infection such as Chlamydia or Gonorrhoea. The risk of such an infection increases when one has unprotected sex and after rape. If you have been raped we advise you to get tested for STI's and to go to the police.



Go to a doctor to get treatment for the STI.

I want to continue the consultation and I hereby declare that I will go to a doctor and have my STI treated before doing the medical abortion.

I want to end the consultation. If I want, I can return to the website once I have had my STI treated.

An STI has to be treated. Arrange an examination with a doctor so that the infection can be treated properly. Having an untreated sexual transmitted infection increases the risk of an inflammation of the womb and fallopian tubes. Such an inflammation is called a pelvic inflammatory disease (PID) or salpingitis or adnexitis. You should not use the medicines when you have an untreated STI.

Do you have any of the following illnesses?

I don't have any of the mentioned diseases: an allergy to Misoprostol or Mifepristone or another prostoglandin; chronic adrenal failure; hemorrhagic disorder (bleeding disease); or inherited Porphyrias.

I have one of the mentioned diseases.

The mentioned conditions are very rare. If you are not already aware of them, you probably don't have them.

[What is a contraindication and how do you know if you have one?](#)

## Stop: you cannot have a medical abortion with your illness.

Depending on your illness, you may still be able to have a surgical abortion.

Please see the list of [Sexual Health Clinics Worldwide](#) to find help in your area or email to Women on Web ([info@womenonweb.org](mailto:info@womenonweb.org)) to help you find a provider.

Stop online consultation.

[What is a contraindication and how do you know if you have one?](#)

Do you have any health conditions or diseases of your heart, kidney, liver, thyroid, mental, asthma or any other important information the doctor should know about you?

Yes  No

If yes, please give some more information about your health

Please provide as much information as you can, so that the we can proceed with your request without delay.

If any, what medication do you use?

If you have any questions you can contact [info@womenonweb.org](mailto:info@womenonweb.org)

What allergies do you have, if any?

Have you ever had any caesarean sections or other operations in your belly?

Yes  No

If you answered yes, can you explain what surgery did you have? If you had a caesarean section: how many, when, what was the reason, did it heal well?

Please give as much information as you can, so that the we can proceed with your request without delay.

Do you know your blood type?

Yes  No

If yes, what is your blood type? Is it positive or negative?

If you are more than 9 weeks pregnant when you do the medical abortion and if you don't know your blood-type, you should go to a doctor to determine your blood-type.

If you have a rhesus negative blood-type you should get an injection with Anti-D within 72 hours of the start of your bleeding to make sure there will not be problems with the next pregnancy.

You can say you had a miscarriage and you have a rhesus negative blood-type in order to get the Anti-D injection.

How old are you?

## And finally...

Answering the questions below is optional

What was the reason you became pregnant:

I did not use contraceptives  The contraceptives I used did not work  I was raped  I wanted a pregnancy at first but my situation changed

Reason for requesting an abortion:

I have no money to raise a child  I want to finish school  I am too young  I just cannot have a child at this point in my life  I am ill  I am too old  My family is complete  My partner does not want a child

How many pregnancies have you had (including the present one)?

How many abortions have you had?

How many miscarriages have you had?

How many children do you have, if any?

What are the main reasons why you are requesting an abortion through Women on Web?

Because of Corona Virus  It is hard for me to access abortion because of legal restrictions  It is hard for me to access abortion because of stigma  It is hard for me to access abortion because of cost  It is hard for me to access abortion because of distance  It is hard for me to access abortion because of childcare  It is hard for me to access abortion because of work or school commitments  It is hard for me to access abortion because I need to keep my abortion a secret from my partner or family  It is hard for me for me to access abortion because my partner is abusive  It is hard for me for me to access abortion because I do not want to deal with protestors  I prefer to access abortion through Women on Web because I would rather take care my own abortion  I prefer to access abortion through Women on Web because abortion pills are not available in my country  I prefer to access abortion through Women on Web because I would be more comfortable at home  I prefer to access abortion through Women on Web because I would rather have my partner or friend with my during the process  I prefer to access abortion through Women on Web because I would rather keep my abortion private  I prefer to access abortion through Women on Web because I find it empowering  It is hard for me to access abortion because I am an undocumented immigrant  Other reason