

Kindness

Courtesy

Justice

Love

Respect

“Women and families are intellectually, emotionally, spiritually, and ethically competent to struggle with complex health issues - including abortion - and come to decisions that are appropriate for themselves.”

- George R. Tiller, M.D.

AbortionClinics.Org, Inc.

A Maryland Not for Profit Corporation

Caring for women with
Kindness, Courtesy, Justice,
Love & Respect
for over 45 years.



Specializing in 2nd & 3rd trimester abortion care.



LeRoy H. Carhart, M.D.



Welcome to AbortionClinics.Org.

If you have received this brochure it is very likely that you or someone you love have been given very sad news about your pregnancy. It is the goal of this publication to help you get to know us and to better understand the process of the abortion, as one of the options that you and your family now face. If you decide to end this pregnancy, we will work closely with your providers to offer you the best care available. I assure you that every member of our team will strive to make your experience as comfortable as possible and provide you with the care we would want for our family members. - LeRoy H. Carhart, M.D.



LeRoy H. Carhart, M.D.
Medical Director

Our doctors and staff at AbortionClinics.Org are trained and highly skilled in abortion care. Abortion is the primary health care service that we provide. Dr. Carhart's 45 plus years of dedicated experience and medical knowledge ensure that the care our patients receive is high quality, safe, and tailored to their specific health needs.

"It is my belief that women know in their hearts what is best for their lives and our team is simply here to support them."

Wildwood Medical Center

Our office is located inside of the Wildwood Medical Center in Bethesda, Maryland just minutes outside of Washington D.C. There is plenty of parking behind our medical facility to ensure as much privacy, security, and freedom from bother as possible.



Admission Criteria

Please note that this section is for patients who are more than 28 weeks pregnant.

If you are 28 weeks pregnant or further an induction abortion over a four day period is what we provide. Overwhelmingly, abortions performed in the third trimester are due to maternal or fetal indications. If you are at or above 28 weeks in your pregnancy or are a provider referring someone to our office we may request the following:

- Diagnosis of fetal indication or abnormality
- Most recent ultrasound noting measurements
- Estimated due date (EDD)
- Placenta placement

Appointment Overview

Patient paperwork and education

You will be given a packet of paperwork. Some forms are to be completed and returned to the receptionist, while others contain instructions for both during and after the procedure and are yours to keep. We believe that for your comfort and wellness it is essential that you are well informed every step of the way. Part of our commitment to quality and meaningful care is educating you about the abortion process to relieve any potential concerns and answer any questions you might have.



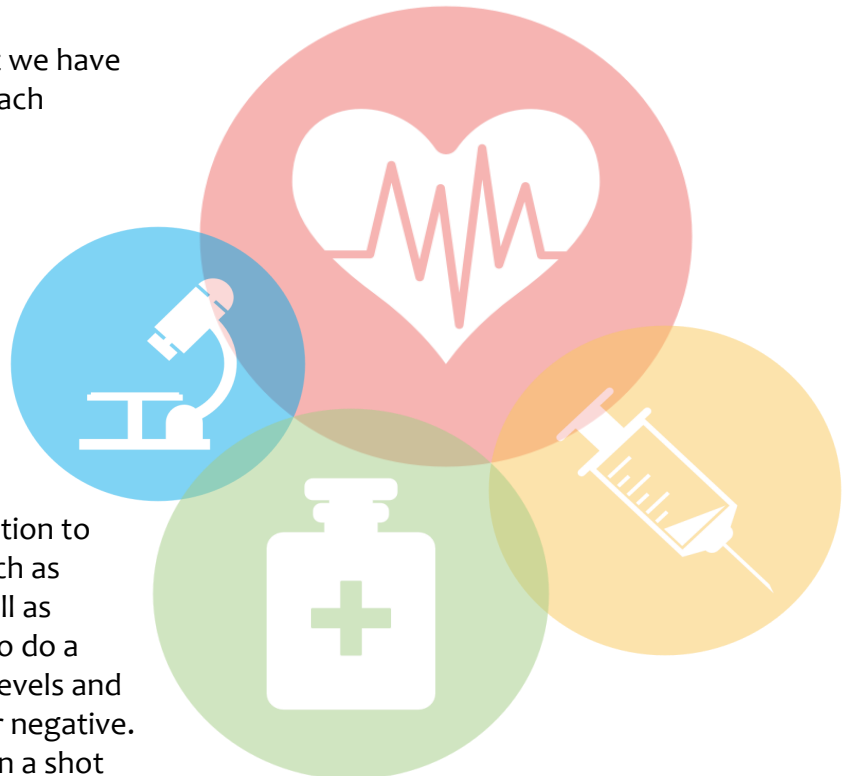
Lab work

Some simple lab work is done to confirm that we have the proper information we need to care for each patient in the necessary individualized way.

The following will be gathered and assessed.

- Height and weight
- Blood pressure
- Pulse
- Body temperature
- Urinalysis (urine test)
- Blood draw

The urine test is a part of our standard evaluation to detect pregnancy-related health concerns such as gestational diabetes and preeclampsia, as well as urinary tract and bacterial infections. We also do a small blood draw to check your hemoglobin levels and to confirm your blood factor as Rh positive or negative. If your blood type is negative you will be given a shot called Rhogam during your appointment.



Ultrasound

Even if you have had an ultrasound performed at another office we perform our own ultrasound as our standard of care. Our ultrasound is used to confirm how many weeks and days your pregnancy is as well as the placenta placement and fetal positioning. If you would like information about biological sex or health defects with your pregnancy we may provide referral resources.

Outpatient Abortion Services

2nd & 3rd Trimester Abortion

Dilation and Evacuation (D&E)

This process is similar to an early abortion however more time is needed to prepare your cervix for a wider opening. This process generally starts with a medication that is given by a needle, through your abdomen, into the pregnancy (depending on ultrasound measurements). This is done to stop the heart of the fetus and end the pregnancy. Depending on how far along your pregnancy is this process can take anywhere from a few hours to two days to prepare your cervix for the abortion. For a D&E abortion the cervix is numbed and you would be given medication known as Misoprostol to help soften and dilate your cervix. The doctor would use dilators to open your cervix and continue on to remove all of the pregnancy tissue from your uterus. Depending on how far along your pregnancy is you may have laminaria inserted in your cervix, which stay in overnight. Laminaria are sterile dilators which slowly open the cervix. This may be repeated the second day. After the cervix is dilated as much as it needs to be the contents of the uterus are removed by gentle surgical vacuum and surgical instruments. This procedure typically takes 10 to 30 minutes.

Induction Abortion - Typical for pregnancies 24 weeks and above.

This entire abortion process is typically 3 or 4 days. This process generally starts with a medication that is given by a needle, through the abdomen, into the pregnancy. This is done to stop the heart of the fetus and end the pregnancy. Then your cervix is numbed and dilated using mechanical dilators, and laminaria. The laminaria are placed into your cervix and left there to expand slowly overnight. This laminaria process will be repeated each day. On the final day of the abortion the doctor will give you medicine called Misoprostol over the course of a few hours to soften and dilate your cervix more. All of these steps combined will induce labor of a typically intact stillborn.

Comfort Management

For induction abortions you will be under “twilight” sedation to help you reach a more relaxed state. This sedation has the effect of making you feel semi-awake during your abortion procedure. We do offer twilight sedation for all surgical abortions as well.

At **AbortionClinics.Org** we use a method pioneered by Dr. George Tiller. His method of induction abortion includes the use of Misoprostol, Oxytocin, Laminaria, and Digoxin (M.O.L.D.) as the primary elements in completing the abortion. This process is done slowly and over the course of several days for your safety and ability to carry future pregnancies, if desired. Your bodily integrity is our top priority.

Post-Operative Recovery

Each patient is monitored closely to ensure their stability after their abortion. After the procedure you can expect to be in our office for up to two hours for observation and recovery. We will continue checking your blood pressure, heartrate, body temperature, and post operative bleeding during this time. Once this period of time is over and our staff has deemed you are sufficiently recovered you would be discharged from our clinic and on your way to a safe and healthy recovery.



Frequently Asked Questions

Will I feel any pain?

We understand that for many people one of their greatest concerns is pain. We provide medication for discomfort and pain and we also provide sedation. On the final day, you will receive 'twilight' IV sedation, which allows you to remain conscious while minimizing pain and providing a calming effect.

Can anyone come with me?

In order to ease your experience as much as possible, spouses, partners, and friends are able to accompany you throughout the process, if you desire. This includes a person to be in the room with you each day. We do require you to have someone staying with you overnight for each day of your procedure, as well as someone to drive you from the clinic on the last day. We strongly recommend childcare be arranged during your appointment time due to limited space and the amount of time spent in the clinic.

How long will this take?

Each person's health needs are different so we adjust the amount of time each patient is in our office based on those needs. On average you are in the clinic 2-4 hours each day, and on the last day of your procedure 4-6 hours. Each night you are able to leave and go back to your hotel. We will keep in touch with you each evening and the doctor and nursing staff are on call 24/7.

What should I bring?

When you arrive at our office, you will be greeted at the door by a staff member and asked to show a photo ID before entering. All companions who accompany you must also show photo ID to be admitted. If you do not have identification please call ahead of time to make arrangements. You can bring books, journals, etc. We **DO NOT** allow phones, recording devices, or purses/bags in the clinic. This requirement is for the safety of the clinic, the doctor, staff, AND for other patients. Also be sure to wear loose, comfortable clothing and shower each day. Eat a light breakfast each morning before of your appointment.

What are my payment options?

We accept cash, credit or debit cards (all major forms) and HSA/HRSA plans. (As long as you are covered under that plan.) We **DO NOT** accept Care Credit, checks or money orders. We can pre-verify insurance plans prior to your appointment and we work with over forty funding agencies who can potentially provide financial assistance. If you have questions about filing a claim to your insurance company please contact us directly.

Will there be protestors?

When you approach the outsides of the clinic you will most likely encounter protestors that line the sidewalks. They are not allowed onto the Wildwood Medical Center property as it is private property. It is best to not acknowledge them. Please drive and park in the rear of the clinic and enter the building. For your best overall experience we highly encourage you not to engage with the anti-abortion protestors which tend to surround our clinic.

Is there assistance to pay for my abortion?

AbortionClinics.Org is a member of the **National Abortion Federation** (NAF) and the **National Network of Abortion Funds** (NNAF), and as an approved member, we have access to loans and grants for those who qualify financially. The staff member that makes your appointment can give you contact information to funding organizations. We must have all funding in place before your appointment, so its best to start this process as soon as possible.

Remembrances & Special Requests

Many patients request a remembrance of their baby to take home with them. The following lists items and services that some of our patients have found helpful in their emotional recovery. Every family approaches this experience with their own unique emotional, spiritual, and cultural background. There is no right or wrong way, just “your way”. Once the process of healing has begun, you may want to consider a token of the precious time with you and your baby had together. All of these features of our program will be discussed with you while you are with us.

Services after your delivery

- ◆ Viewing your baby after the delivery
- ◆ Holding your baby after the delivery
- ◆ Photographs of your baby
- ◆ Cremation services referral
- ◆ Funeral arrangements referral
- ◆ Footprints
- ◆ Spiritual and ceremonial accommodations
- ◆ Remembrance certificate



Support of Clergy

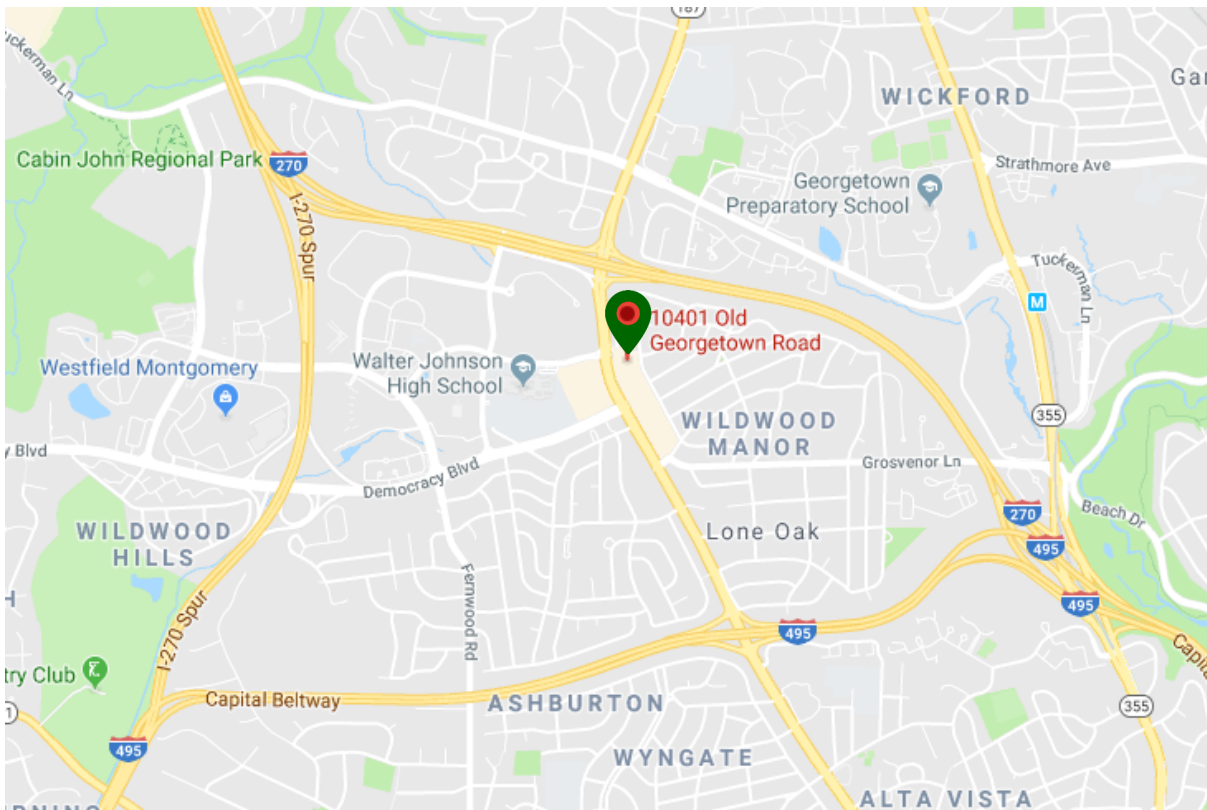
AbortionClinics.Org is affiliated with **All Options** and the **Religious Coalition for Reproductive Choice**. We also have ties with local religious affiliates. If you are struggling with your decision or would just like to speak to a member of the clergy, please call us. We will gladly connect you with a member of the clergy.

Travel

Airports

There are three major airports in the Washington, DC area which is where our clinic is located, all within 30-40 minutes of our clinic:

1. **Ronald Reagan Washington National Airport**
(airport code: **DCA**)
2. **Washington Dulles International Airport**
(airport code: **IAD**)
3. **Baltimore/Washington International Thurgood Marshall Airport**
(airport code: **BWI**).



Our clinic is located at the Wildwood Shopping Center inside of the Wildwood Medical Center. We are less than two miles off of the 495 loop.

Lodging

If your abortion requires two or more days, you will need to stay at a hotel within 15 minutes of our clinic during your visit with us.

For information about hotels near our office please call or e-mail and we will be glad to provide you with a list of hotels nearby. Our list includes hotel amenities and average cost.



ABORTION ACCESS FUND, INC. **TRUST-WOMEN**

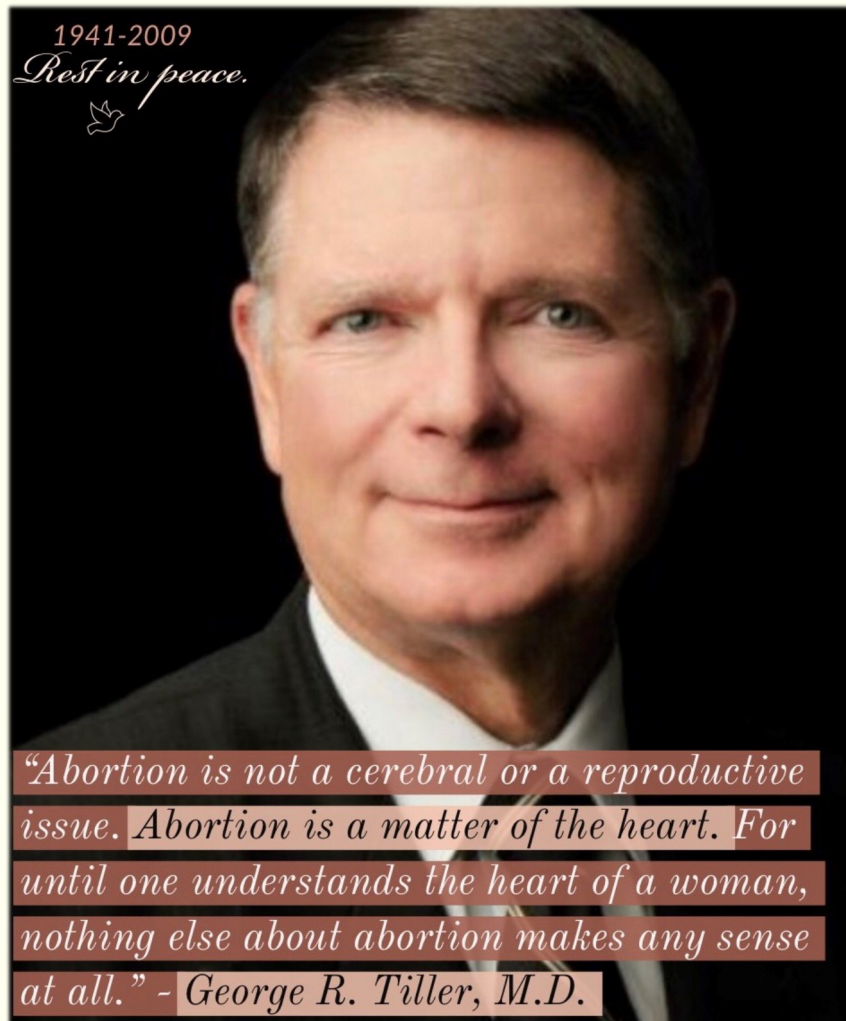
Ensuring Access

Abortion Access Fund, Inc. is a non-profit fund which raises money to help families pay for their abortions and travel expenses. We have chapters in Nebraska and Maryland. A secondary goal of the fund is to obtain and distribute funding for clinic owners and abortion providers, in order to ensure access to safe and quality abortion care.

To ensure access to this vital service please consider making a one-time donation or a monthly contribution to our fund. Either option can be done online at

AbortionAccessFund.Org

We dedicate our services to women in honor of
George R. Tiller, M.D.



AbortionClinics.Org, Inc.

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