

## Making an Appointment

Appointments can only be made over the phone. It takes about 15 minutes to book an abortion or miscarriage management appointment; booking other services is usually quicker. **Call us at 604-322-6692 between 9:30 am and 4 pm Mon-Fri.** Please be patient as our phone lines are often busy. You can also request an appointment via our website.

**If you are booking an appointment, we may need to know:** the first day of your last period, your MSP Care Card number (if you do not have MSP coverage, please see our website for information about fees), your phone number, your email and home address with postal code and the name of the person who will be your emergency contact/companion on the day of your appointment.

**Abortion Appointments:** A positive pregnancy test – home tests are fine - is needed before booking an abortion. It is not necessary to see a doctor before making an appointment but we encourage you to get the pregnancy confirmed at a clinic or doctor's office.

**Counselling Appointments:** Free counselling appointments are available prior to booking an abortion if you are unsure of your decision or need information about the procedure or pregnancy options. Free post-abortion counselling is also available, even if the abortion was done somewhere else.

**Emergency IUD Appointments:** if inserted within seven days of unprotected sex, Copper IUDs are 99% effective at preventing pregnancy. Please let us know that the IUD is for emergency contraception when you call us.

## Location

**Our address is 210 - 2525 Commercial Drive, Vancouver, BC.** We are located at the corner of Commercial Drive and Broadway across the street from the Commercial - Broadway Skytrain Station, above the Starbucks.

## Interpreters/Help with English

Women who do not speak English can have a friend with them when they make the appointment. If they need help with English when they come for their appointment, we will get an interpreter for them free of charge - please let us know this at the time of booking the appointment. We also have written materials in several languages available.

## A Note of Caution

We suggest you be careful with other agencies that offer free pregnancy tests and counselling. Some are against abortion and may give misinformation to mislead or scare you. There are also some websites and videos on YouTube that have frightening and inaccurate information about abortion. The resources and links page on our website lists organizations that provide accurate information.

*Everywoman's  
Health Centre*

[ewhc.ca](http://ewhc.ca)



*Everywoman's  
Health Centre*

**A reproductive and sexual health  
clinic providing:**

- \*Aspiration (surgical) abortions to the end of the 13th week of pregnancy, using local anesthesia and conscious sedation
- \*Medical abortions with Mifegymiso to the end of the 9th week in pregnancy
- \*Timely and compassionate management of miscarriage
- \*IUD insertion, follow-up, and removal including emergency copper IUDs
- \*Free pregnancy decision-making and post-abortion counselling

**For appointments: 604-322-6692  
[ewhc.ca](http://ewhc.ca)**

*Women helping women*

## About Us

Everywoman's Health Centre is a reproductive and sexual health clinic in Vancouver, which provides abortion, miscarriage management, IUD insertions and other sexual health services in a supportive, nonjudgmental and confidential setting.

We respect your decisions. Everywoman's is run by the women who work here and we treat people who come to the clinic the way we would want to be treated ourselves.

Everywoman's Health Centre is a non-profit clinic that is accredited by the College of Physicians and Surgeons of BC and the National Abortion Federation.

## Fees

Most of our services are covered by the Medical Services Plan of BC (MSP). If you are not eligible for MSP, including if you have out-of-province medical coverage, you may pay fees for services you receive at the clinic.

If you are unsure if you have coverage, please contact MSP at [www.health.gov.bc.ca/msp/](http://www.health.gov.bc.ca/msp/) or 1-800-663-7100. For more information about our fees or ways of having the cost of services covered, please see our website: [ewhc.ca](http://ewhc.ca)

Our counselling services are always free. They are available if you need help deciding whether to have an abortion (or what kind to have) or if you need support after an abortion.

**210 - 2525 Commercial Drive**

Vancouver, BC V5N 4C1

**For appointments: 604-322-6692**

Fax: 604-322-6632

## IUD Insertion

Our doctors are highly skilled and they have inserted thousands of IUDs. Research shows that IUD insertions are safer and more comfortable with experienced doctors. Our staff can help you decide what IUD is best for you, based on the most up-to-date medical research. Our physicians use local anesthetic to reduce discomfort with IUD insertions and do on-site ultrasounds before and after each insertion to ensure that the IUD is correctly placed. We are usually able to help even if you have challenging or complicated IUD insertion issues.

## Aspiration Abortion

You will spend about two or three hours total at the clinic. You will first see a counsellor, who will check in with you about the decision, explain about the abortion and consent form, and offer information about birth control. Then you will see a nurse who will give you some medications and put in an IV for the medications later.

Most people choose to have sedation to help make the procedure more comfortable. A nurse will stay with you during the abortion and it may be possible to have a companion with you as well.

The doctor does a physical exam and an ultrasound. Then she numbs the cervix with a local anesthetic, like freezing at the dentist, and gently dilates or opens the cervix (the opening to the uterus) to put in a small tube. She then removes the pregnancy with suction. It usually takes less than eight minutes.

You will then rest for at least half an hour. The nurse will explain what aftercare is required before you leave.

## Medical Abortion

To have a medical abortion the pregnancy must be 9 weeks from the first day of your last period or less. We will confirm this with an ultrasound at your first appointment.

The first medication, mifepristone starts the abortion. The second medication, misoprostol, causes bleeding and makes the pregnancy come out. It must be used 24 hours to 48 hours after the first one. This is when the heaviest bleeding, cramping and other side effects are likely to happen. You will be given medications to help manage pain.

Your first appointment will take about two hours. You must also come back for a short (30 minutes) follow-up appointment about one week afterwards so we can check to make sure the abortion is complete. About 95% of the time the pregnancy will be gone and the abortion complete at this time.

**To learn about the differences between aspiration and medical abortion please see our website:**  
[ewhc.ca](http://ewhc.ca)

## Miscarriage Management

Miscarriages (spontaneous abortions) are common; about one in six established pregnancies will stop growing. We offer supportive and compassionate early pregnancy loss management in our clinic.

Miscarriages can happen naturally without any treatment but sometimes it can be faster, easier and safer to be treated medically. We provide medical or surgical treatment of miscarriages.