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Patient information - Medical Termination of Pregnancy

At **The Crane General Practice**, we provide **safe, confidential and compassionate care** for people considering medical termination of pregnancy (MTO). Our doctors are trained to support you through the process with clear information, respect, and ongoing care.

What is a MTO?

A **medical termination of pregnancy (MTO)** is a way of ending an early pregnancy using medication rather than surgery. It is a well-established, safe, and effective option for pregnancies **up to 9 weeks (63 days)**.

What is involved?

Before starting

Before an MTO, we will:

- Meet with you for a **consultation** to discuss your options, and ensure MTO is safe and appropriate for you
- Confirm the **stage of pregnancy** with an ultrasound
- Arrange **blood tests**, including blood group
- Conduct an STI screen, which includes testing for Chlamydia and Gonorrhoea

The medication process

MTO involves **two medications**:

- **Mifepristone** – taken first. This blocks the hormone needed to continue a pregnancy. Most people have minimal symptoms at this stage.
- **Misoprostol** – 36–48 hours later. This causes cramping and bleeding as the pregnancy passes.
- The experience is like a **heavy and painful period or miscarriage**. We can prescribe medication to help manage pain and nausea.

What can I expect?

- Cramping and bleeding, often heavier than a usual period
- Possible short-term symptoms such as nausea, vomiting, diarrhoea, headache or chills
- The most intense symptoms usually last **several hours**, with lighter bleeding continuing for 1–2 weeks (sometimes longer)

Follow up and Support

Your care doesn't stop after the medication. We will:

- Check in with you by phone **2–3 days after treatment**
- Arrange a **follow-up appointment approximately 2–3 weeks** later to confirm the MTO is complete (blood test or ultrasound)
- Provide access to **24-hour nurse support** if you have concerns

When to seek urgent help

Please contact us or attend an Emergency Department if you experience:

- Heavy bleeding (soaking **2 pads per hour for 2 hours**)

- Severe or worsening pain
- Fever $\geq 38^{\circ}\text{C}$
- Foul-smelling vaginal discharge
- Feeling very unwell or worried

Emotional wellbeing

Everyone's experiences are different. Support is available, and you are welcome to talk with your GP if you would like emotional or psychological support at any time.

Contraception and future fertility

- Pregnancy can occur again **soon after** an MTOP
- We will discuss **contraception options** with you
- An MTOP does **not affect future fertility**
- **Additional support**
- **1800 My Options** – www.1800myoptions.org.au
- **Sexual Health Victoria** – www.shvic.org.au
- **Nurse on call 24/7 Victoria** – 1300 60 60 24

MTOP Care Pathway & Fees

We aim to provide supportive, step-by-step care throughout your MTOP. The following appointments are usually part of this process:

- **Initial consultation (Long appointment with GP)**
A discussion with your doctor about MTOP, including consent and arranging any necessary blood tests and ultrasound.
- **Follow-up consultation (Long appointment with GP):**
Review of results, clarifying MTOP procedure, prescribing medication for MTOP.
- **Nurse check-in (2–3 days after taking the medication):**
A phone call to support you and check on your wellbeing.
A nurse fee applies, unless you have a GP Management plan, in which case this may be bulk billed.
- **Final follow-up (Short appointment):**
A short appointment to confirm completion of the pregnancy and provide ongoing support, including emotional wellbeing.

If you have already completed your blood tests and ultrasound prior to booking your initial MTOP appointment, you may only require one long consultation with the doctor.

For a full list of fees, please refer to the Fees section by clicking on this link. [TCGP Fees](#)