

Support is Available

CHILDREN BY CHOICE

1800 177 725

childrenbychoice.org.au



QVEMTOP

QLD Virtual Early Medical
Termination of Pregnancy
Service



ADDITIONAL SUPPORT

DVConnect Womensline
1800RESPECT
Emergency

1800 811 811
1800 737 732
000

*You know your situation best.
Whatever decision you make, you
deserve safety, support and
respect.*

CHILDREN BY CHOICE

Your Health. Your Choice. Your Safety.

Information for people experiencing
domestic and family violence (DFV) or
reproductive coercion and abuse who
are considering a medication abortion
(MTOP).

*You deserve safe, confidential and respectful
healthcare.*

Understanding MTOP at Home

A medication abortion uses MS2step
(tablets) to end a pregnancy.

Many people choose MTOP because it
can be accessed earlier in pregnancy and
may allow you to remain in your own
environment.

IMPORTANT TO KNOW

- MTOP works similarly to a miscarriage
- Everyone's experience is different
- You do *not* need to tell anyone you
accessed an abortion, including
medical professionals or the other
person involved in the pregnancy

What to Expect During MTOP

Safety Planning

**If someone is monitoring your choices,
think about what feels safest for you:**

- Where will you take the medication?
- When do you have the most privacy?
- Who will be at home?
- Can you safely rest and access a
bathroom?
- Is there someone you trust who can
support you?
- Are your phone, messages, emails or
finances monitored?

You know your situation best. You can
make a plan with your health provider or
a trusted support person.

You'll take two types of medication across
two days. As well as bleeding and
cramping, you may also experience:

Nausea

Diarrhoea

Fatigue

Chills

Everyone's experience is different,
you discuss pain management
with your health care provider.

When to Get Medical Help

- Seek urgent care if you experience:
 - Bleeding very heavily (soaking 2+
pads per hour for 2 hours)
 - Severe or worsening pain
 - Fever or fainting
 - Feeling significantly unwell

Emergency departments focus on your
safety. You do not need to disclose the
abortion, you can say you are having a
miscarriage.

After the Procedure

The end of pregnancy does not always
mean the end of safety concerns.
Some people experience:

- Increased monitoring or control
- Pressure to explain what happened
- Difficulty attending follow-up
- Emotional isolation or mixed feelings

Support is available regardless of how you
feel.

FOLLOW-UP REMINDER

It is important to confirm the pregnancy
has ended. Your prescriber will advise
on follow-up testing.

Ongoing Safety & Contraception

MTOP does not protect against future
pregnancy. People experiencing DFV or
RCA may have limited control over:

- Contraception choices
- When you have sex
- Accessing health providers

Children by Choice can connect you
with safe contraception services.
You deserve
reproductive healthcare
free from pressure,
coercion or control.

CHILDREN BY CHOICE

Not for printing – follow these instructions to fold your zine!

