

Information guidelines for community health workers on MR, abortion services

Menstrual Regulation and Post-Abortion Care Service Related Information		
Service	Description	Method of own choice, ways of uninterrupted self use on own need
MR	<p>MR is an interim method for women who are at the risk of becoming pregnant to determine whether she is really pregnant or may not be pregnant.</p> <p>Usually MR can be done if menstruation is off for 6-12 weeks. A trained medical doctor can do MR within 12 weeks and a trained health service provider can do this within 10 weeks of menstruation closure.</p> <p>To do MR one must visit a trained medical doctor or a health service provider.</p> <p>There are two recommended methods of MR for first quarter:</p> <div data-bbox="327 1056 718 1282" data-label="Image"> </div> <p>Vacuum aspiration</p>	<p>If you want, the MVA or MR method can be followed on your own uninterruptedly depending on your need. Because of bleeding due to MR, some women explain this as miscarriage or excessive bleeding in menstruation. If your family knows you were pregnant, you can say that was not stable and miscarried, but you can conceive again. And if your family knows nothing about it, you can express that as excessive bleeding in menstruation.</p> <p>In the event of MVA, if your family is aware that you had been pregnant, you can show some reasons for not being able to settle the pregnancy, (such as blighted ovum / false pregnancy / weak uterus) and so you can say you should end the pregnancy.</p> <p>Information about abstinence from forced MR: Some women have to go through difficult situations when their families want to do MR against their will. It is possible to stop doing MR against your will. If you are unwilling to do MR, your health service provider will tell your family that it is not possible to do MR right now because of the longer time of pregnancy and if you do MR now that may cause problems in your body.</p>
	<p>Medical method (Mifepristone and misoprostol): Through medical MR the uterus is cleaned using medicine (Mifepristone and misoprostol).</p> <div data-bbox="316 1509 726 1864" data-label="Image"> </div> <p>MRM</p>	

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Service	Description
Post abortion services	The services given after abortion are called post abortion services. The women who face difficulties due to incomplete MR, incomplete abortion or related problems such as bleeding, infection, abdominal pain, fever, etc. emerge and process to complete the incomplete abortion or incomplete MR is called post abortion services. To receive post abortion services one must visit a trained health service provider.
Service places	To know about post abortion services in more detail and receive services communicate with nearby Women Friendly Space (WFS) or health service centers.
Information card	This information card contains information on where to get services on family planning, MR and abortion, reproductive coercion and domestic violence. Many women and their known persons have been benefited from the information mentioned in the information card. All women don't feel safe to keep the information card with them. So, it is up to you whether you want to keep this with you or not.