The feasibility of simplified telephone follow-up after medical abortion

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Background

- Medical abortion safe and effective up to 63 days gestation
- Common protocol for medical abortion
- Simplification of medical abortion
  - Serum β hcg levels
  - Urine hcg testing
  - History

Objectives

Primary Aim
- Successful follow-up

Secondary Aims
- Correlation of standardized question set with pregnancy expulsion
- Misoprostol route preference
- Percent not requiring in-person follow-up
Study Design

**Standardized Questions**

1. Did you have cramping and bleeding heavier than a period?

2. Do you feel pregnant now?

3. Did you pass clots or tissue?

4. Do you think you passed the pregnancy?

5. What was the highest number of pads you soaked per hour?
## Results

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Successful Follow-up</td>
<td>97% (135/139)</td>
<td>(93-99%)</td>
</tr>
<tr>
<td>Sensitivity</td>
<td>95.9 %</td>
<td></td>
</tr>
<tr>
<td>No Return Visit</td>
<td>64% (87/135)</td>
<td>(56-72%)</td>
</tr>
<tr>
<td>Positive Predictive Value</td>
<td>97.5%</td>
<td></td>
</tr>
<tr>
<td>Vaginal Misoprostol</td>
<td>94% (131/139)</td>
<td>(9-97%)</td>
</tr>
<tr>
<td>Continuing Pregnancies</td>
<td>3% (4/135)</td>
<td>(1-7%)</td>
</tr>
<tr>
<td>No Return Visit</td>
<td>94% (131/139)</td>
<td>(9-97%)</td>
</tr>
</tbody>
</table>
Conclusion

- Telephone follow-up is feasible
  - High contact rate
  - High return visit rate
- No adverse outcomes due to delayed follow-up
- Adds to follow-up options
Why was it popular?
What has this study done?

- Given women more choices
  - University of Pittsburgh
    - Choice of telephone or standard follow-up
    - Choice of misoprostol route
- More research on telephone follow-up
- An increase in discussion about alternative follow-up options
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