

For all questions and advice about abortions we recommend pro familia.

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UNWANTED PREGNANCY?



INFORMATION ON
ABORTIONS IN
OSNABRÜCK AND
SURROUNDINGS

Your period stopped? The pregnancy test is positive? Are you considering an abortion or are you certain you want to terminate the pregnancy? This flyer aims to give you guidance in this challenging time and help you to be self-determined and informed when enlisting the appropriate help and advice regarding an abortion.



1. Go to a gynaecologist and have the pregnancy confirmed. Find out what week you're in and write this information down to be on the safe side. At this point, you don't have to tell the doctor that you are considering or thinking about having an abortion. **Important:** You can already get an appointment with, e.g. profamilia, before visiting a doctor.

3. File an application for your health insurance company to cover the costs if your monthly income is below 1,216€ (as of 2019). There are further amounts of exemption, you can ask for these in the consultation. The health insurance companies often have a hotline that you can call without talking to someone face-to-face. The central hotline will connect you to an appropriate contact.

4. Take the consultation appointment. The counsellors advise you without fixed expectations regarding the outcome. You and your life are central.

5. Make an appointment at a doctor's office. The advisory centres can often point you to some practices who will perform the procedures. Should you not find a practice, you can contact us. Usually, three appointments are necessary: a preliminary examination, the procedure and a follow-up. A medicamentous abortion also requires three visits to the doctor.

6. Depending on the reality of your life, you have to organise some stuff for the day of the procedure. Gynaecologists usually issue a certificate of incapacity to work for the day of the intervention and for a few days afterwards. If your job requires that you give notice of your absence, you can generally speak of a gynecological procedure. If you have care-obligations, you should seek help for the day of the operation. No one can help you? Contact us, we will support you.

7. On the day of the procedure you must often stay sober; that means no drinking, no eating and no smoking. If you have a surgery, you can't drive on that day. Even when taking a medicamentous treatment, you should ideally be picked up after your appointment. You can't turn to anyone? Turn to us, we will try to be there for you.

8. Are you relieved or depressed after the procedure? Everything's fine. The first days after the abortion can be a big up-and-down. Nothing's wrong with that. You said goodbye to an opportunity, and that's not always easy. Get the support you need in this situation. You can also get aftercare or further advice from profamilia. You can visit them during the opening hours or give them a call.

2. Make an appointment with a governmentally recognised advisory centre. In Osnabrück and throughout Germany we recommend profamilia. Other counselling offices (Social Service of Catholic Women, Donum vitae and the Diakonie) do not always give unbiased advice and sometimes do not issue the counselling certificates according to StGB §§ 218 ff., which you need for an abortion. The social service of Catholic women (Sozialdienst Katholischer Frauen) generally does not issue a counselling certificate according to StGB §§ 218 ff.