

IN TACOMA: 1401-A Martin Luther King Jr Way



800.572.4223 or 253.473.6031 Fax: 253.475.5949

Cedar River Clinics: Abortion Care Specialists

- Accredited by AAAHC for meeting rigorous national standards.
- Highly skilled, licensed physicians perform abortion procedures.

The Abortion Pill: Also known as Medical Abortion, Medication Abortion, or Mifeprex, it is an early option as soon as pregnancy is confirmed by ultrasound and up to 10 weeks LMP (since Last Menstrual Period). You take the Mifepristone pill orally during your appointment at the clinic. Then 24 to 72 hours later, you take the Misoprostol pills, as directed, and within 6 to 8 hours, bleeding and cramping begins like in a miscarriage. You are required to have a support person with you while this miscarriage is done in the comfort of your home. One to three follow-up appointments are required.

First Trimester: Aspiration procedure is used up to 12 weeks LMP and on some occasions up to 15 weeks LMP.

Second Trimester Dilation and Extraction (D&E): One-day appointments for 12 weeks to 15 weeks LMP are available. Gestations of 15+ weeks will require appointments on two consecutive days. Over 22 weeks LMP requires appointments on 3 consecutive days. Between appointments you are required to stay overnight within 30 minutes of the clinic with a support person.

Appointments for Fetal Anomalies: Call to talk with a Genetic Intake Specialist to arrange appointments that meet your needs.

Anesthesia: Conscious sedation (anesthesia medication) is administered by a Certified Registered Nurse Anesthetist or Physician and affects your level of consciousness during the procedure. Options are explained in detail during your appointment. To receive sedation, you must not eat or drink 4 hours before your procedure, and you are required to have someone to drive you home.

Options Counseling: If you are pregnant and want to explore your options, call all our clinic for unbiased and nonjudgmental tools and referrals for decision-making.

Teens: In Washington, parental involvement is not required for abortion, birth control or STI/HIV testing.

Interpreters: Please request a Certified Medical Interpreter in advance as family or friends are not permitted to interpret for patients. Written materials available in Korean, Vietnamese, Russian and Spanish.

Cedar River Clinics also offers insemination, family planning, and LGBTQ Wellness Services. Please call to inquire about an appointment.

Payment

Regardless of whether or not you have private insurance, you may qualify for Washington Apple Health through Washington State. To apply, go to WAhealthplanfinder.org.

Most private medical insurance plans cover abortion without a referral. If you have private insurance, you may want to call them directly to verify your coverage and benefits in order to estimate what your out-of-pocket expenses will be.

If you do not present Medicaid coverage or provide private insurance, you are eligible for our sliding fee scale based on services received and your income. Student and military discounts are available with ID. Please call our financial specialist for details at 888-291-6170.

Pre-Abortion Instructions:

- 1) Plan to spend 3 to 5 hours at the clinic for paperwork, ultrasound, lab tests, consent, abortion, and recovery.
- 2) No alcohol or street drugs for 48 hours before your appointment.
- 3) Photo ID is required for you and anyone coming with you into the clinic. No small children are permitted in the clinic.
- 4) If you need a 2 or 3 day procedure, you will be required to stay within 30 minutes drive time of the facility. Local hotels offer free shuttles to airport and clinic.
- 5) If you receive sedation, you are required to have someone you know drive you home.
- 6) If you have questions during regular business hours, call the main number at 800-572-4223. You may call this same number 24 hours a day if you have been seen for a procedure and you have an emergency.
- 7) Payment is required at your first appointment.
- 8) Low-income pregnant women can get free medical care through Washington Apple Health. Apply online at WAhealthplanfinder.org.
- 9) Washington State residents can apply for free birth control at WAhealthplanfinder.org.



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