

TOOL FOR ASSESSING ELIGIBILITY FOR SELF MANAGED MEDICAL ABORTION (SMMA)

Most women will be eligible to undertake self-managed medical abortion (SMMA) safely and effectively. However, gestational age must be determined, and medical contraindications ruled out before a person proceeds with SMMA. SMMA is a World Health Organization recommended method of abortion in pregnancies up to 12 weeks gestation.

S. N	QUESTIONS	ANSWER	GUIDANCE
	Last Menstrual Period		
1	Does the client know the date their last menstrual period began?	Yes	Make note of LMP and proceed with screening (if less than 12 weeks gestation).
		No	<p>Support the client to remember date of LMP with the aid of a calendar and significant dates, and other factors in the woman's history e.g:</p> <ul style="list-style-type: none"> • did her LMP occur around a birthday, holiday, or other memorable date? • when did she first have a positive pregnancy test? • when did intercourse occur? <p>If LMP still cannot be remembered, the following questions can be asked to determine eligibility:</p> <ul style="list-style-type: none"> • Are you more than 9 weeks pregnant? • Are you more than 2 months pregnant? <p>If still uncertain, request the client has an ultrasound</p>
2	Was it a normal period, or was it especially light or heavy? (The woman should judge if the period was normal, heavy or light based on her experience of previous periods).	Normal	Proceed with screening
		Especially light	Take date of the last normal LMP as accurate
		Especially heavy	Do a repeated pregnancy test and take the LMP date as accurate
3		Yes	Proceed with screening

	Does the client have regular periods (at least one every 6 weeks)	No	Request the client has an ultrasound if periods are less frequent than 6-weekly
Precaution			
5	Does the client have an IUD/IUS in place at the time of conception?	Yes	Refer client to clinic for IUD removal if they want to proceed with medical abortion. SMMA is possible following IUD removal.
		No	Proceed with screening
6	Was the client using any hormonal method of contraception at the time of conception (implant, injectable or pills)?	Yes	Make note of the type of contraception used and proceed with screening
		No	Proceed with screening
7	Does the client have any symptoms of anaemia, - bleeding disorders, - previous blood transfusions, and/or any - haemoglobinopathies	Yes	Refer client to a clinic for further assessment. Clinical judgement is needed to assess if medical abortion and SMMA is an appropriate option.
		No	Proceed with screening
8	Does the client have any serious chronic disease, including heart disease?	Yes	Refer client to a clinic for further assessment. Clinical judgement is needed to assess if medical abortion and SMMA is an appropriate option.
		No	Proceed with screening
Contraindication			
9	Does the client have a known allergy to mifepristone, misoprostol, or other prostaglandins?		
10	Does the client have adrenal failure?		
11	Does the client have a history of previous ectopic pregnancies?		
12	Does the client have symptoms suggestive of ectopic pregnancy?		

	<ul style="list-style-type: none"> ○ Abdominal or pelvic pain (usually one-sided) ○ Spotting/irregular bleeding ○ Vaginal bleeding 	If 'Yes' to any of the questions, counsel the client and refer to the clinic for further assessment and appropriate management.
13	Has the client ever had surgery on their Fallopian tubes (e.g. tubal ligation) or been told, following an operation, that their Fallopian tubes are damaged?*	

*Note - Women who have previously had cesarean section are still eligible for self-managed medical abortion. A caesarean involves an incision in the uterus, not the fallopian tubes.