

Abortion Options & Information in Manitoba

Abortion

In Canada, a pregnant person has the right to three safe and legal pregnancy options: abortion, adoption and parenting. Legally, only the pregnant person gets to choose which option is best for them. If you choose to have an abortion, this means that you will receive medication or a surgical procedure to end the pregnancy. Medical abortions are available up to 9 weeks of pregnancy in Brandon and up to 10 weeks of pregnancy in Winnipeg. Surgical abortions are available up to 12 weeks of pregnancy in Brandon and up to 16 weeks of pregnancy at Women's Health Clinic in Winnipeg. If the pregnancy is over 16 weeks, the Women's Health Clinic offers referrals to the Health Science Centre for surgical abortions up to 19 weeks and 6 days of pregnancy.

If you are considering an abortion, it is important to access accurate, unbiased information. Teen Clinics and Public Health Centers should offer free, accurate and non-judgmental information on all 3 pregnancy options.

If you have a Manitoba health card there is no cost for abortion procedures. Depending on where you live, there may be grants or programs to assist with some of the additional costs, such as travel. If you do not have a Manitoba health card, the approximate cost for an abortion in Brandon for Manitoba residents is \$452 per visit, for non-Manitoba residents it is \$1386 per visit. The cost of an abortion at Women's Health Clinic in Winnipeg is approximately \$500, for residents and non-residents of Manitoba without a health card.

Medical Abortion

- **How does it work?**
 - Mifegymiso is a combination of two medications that work together to end a pregnancy. Mifepristone blocks progesterone, a hormone needed to continue a pregnancy. Misoprostol causes the uterus to contract and empty the contents of the uterus.
- **What can I expect?**
 - In Brandon, bloodwork and an ultrasound are done to confirm the pregnancy before the appointment where you receive the first medication. In Winnipeg, bloodwork is done before the appointment, and an ultrasound is done during the appointment.
 - You will meet with a doctor and receive the first medication at the clinic. You will then take the second medication at home as instructed.
 - Some people describe medical abortion as having a very heavy period or a miscarriage. You'll usually experience:
 - Heavy bleeding 1 to 4 hours after taking the second medication. Clots and pregnancy tissue will pass during this time.
 - Moderate to severe cramping (stronger than a regular period) for several hours.
 - Cramping and moderate bleeding for a few days after.
 - Light bleeding or spotting for a few weeks after.
 - A medical abortion successfully ends a pregnancy 98% of the time but, in rare cases, may require a surgical abortion (uterine aspiration) if the procedure is incomplete.

This information is accurate and up to date as of March 2026.

- You will have a follow-up appointment 7-14 days after the abortion to do blood tests and possibly an abdominal or internal vaginal ultrasound to ensure the pregnancy has passed.

Surgical (Aspiration) Abortion

- **How does it work?**
 - The procedure takes 3 to 10 minutes to complete and ends the pregnancy immediately. You'll receive an IV for sedation and pain medication, a doctor will then insert medical tools into the vagina and through the cervix to remove the contents of the uterus.
- **What can I expect?**
 - In Brandon, bloodwork and an ultrasound are done to confirm the pregnancy before the appointment for the procedure. In Winnipeg, bloodwork is done before the appointment, and an ultrasound is done during the appointment.
 - At the appointment you will have the procedure, and about an hour of recovery time while the sedation medication wears off and health care staff monitor you. In Winnipeg, the appointment may also include pre-abortion counselling.
 - The number of appointments may look different depending on where you receive abortion care and how many weeks the pregnancy is.
 - It is common to experience cramping and light to moderate bleeding or spotting for several days after the procedure.
 - A surgical abortion ends a pregnancy 99% of the time.
 - You cannot drive yourself home after your appointment and you may need to provide the contact information of the person who will pick you up at the start of your appointment. The staff can then call that person to pick you up once your appointment is finished.
 - You may have a follow-up appointment about 7-14 days after the procedure to do blood tests and possibly an abdominal or internal vaginal ultrasound to ensure the pregnancy has passed.

After an Abortion

Bleeding and cramping are common after both types of abortion; this can occur for several days up to a few weeks. Complications are rare, but if you experience severe bleeding, severe abdominal pain, fever, or other concerning symptoms, it's important to call a health care provider and go to the emergency department.

Your next period should return 4-8 weeks after an abortion. The first period after may be lighter or heavier than normal. The exact timing depends on whether you're using hormonal birth control, which can alter or delay your period.

It's normal to experience a wide variety of emotions before, during or after an abortion. If you feel like your mood is not improving or worsening after an abortion, it's important to talk to your doctor or a mental health professional. If you are looking for counselling before or after an abortion, please be aware that not all counsellors have an unbiased and balanced view on abortion. It's important to find a counsellor who is pro-choice so that they can provide non-judgmental care and support.

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Where can I access abortion services?

Important Note: It can sometimes take a few days to hear back about an appointment for an abortion, and sometimes longer to get in for the appointment.

Winnipeg

- **Women's Health Clinic:**
 - Phone: 1-866-947-1517
 - Website: <https://womenshealthclinic.org/services/abortion>
 - They can also insert an IUD (they offer copper IUDs for free, or you can bring a hormonal IUD) and provide referrals to a surgeon for tubal ligation.

Brandon

- To access abortion services in Brandon call **Public Health** at **204-578-2513**. You will then be referred to the Brandon Regional Health Centre.

Rural Manitoba

- Although abortion access is a right, it is not easily accessible everywhere. It can be difficult to find abortion resources in rural and remote communities, and you may need to travel to access abortion care.
- Action Canada may have grants available to help with travel costs when accessing abortion: <https://secure.actioncanadashr.org/en/form/norma-scarborough-fund>.
- You may be able access travel assistants or grants through your community or health authority. Check in with your local Community or Public Health nurse, or health centre or nursing station if you live in a First Nations community. For more information: <https://northernhealthregion.com/programs-and-services/medical-abortion/>

Where can I get more information?

- **SERC Brandon:**
 - Address: Unit B – 345 10th St.
 - Phone: (204) 727-0417
 - Email: brandon@serc.mb.ca
- **SERC Winnipeg:**
 - Address: 167 Sherbrook St.
 - Phone: (204) 982-7800
 - Email: info@serc.mb.ca
- **Facts of Life (SERC):** E-mail your questions anonymously to thefactsoflife@serc.mb.ca
- **Text Ed (SERC):** Text your questions anonymously to **204-982-7801**
- Healthy Sexuality and Harm Reduction Brandon
- Women's Health Clinic Winnipeg
- Local Public Health Office
- Teen Clinics if you're under 21

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Frequently Asked Questions:

How safe is abortion?

- When a trained practitioner performs abortions, they are very safe, and significantly safer than carrying a pregnancy to term and giving birth. Like any medical procedure there are risks, but those risks are extremely low with both surgical and medical abortions. Abortions are one of the most common and safest surgical procedures performed in Canada.
- Both surgical and medical abortions have no impact on fertility if there are no serious complications.

What if I'm unsure about my decision?

- If you are unsure of your decision for the pregnancy and want to discuss your pregnancy options, you can call Women's Health Clinic and speak with a Birth Control and Pregnancy counsellor at **204-947-1517** or talk to a pro-choice counsellor or Public Health nurse.

Do I need my parent/guardians' permission to have an abortion?

- Typically, if someone is over the age of 16, they can provide consent for medical treatments, including abortion. Providing medical treatments for minors, including abortion, depends on the treating practitioner and their determination of the patients' decision-making capacity.

Do I need my partners' permission to have an abortion?

- No. The only person who gets to decide what to do with a pregnancy is the person who is pregnant.

Can I bring a support person to my appointment?

- Yes. The support person can come with you to the appointment and take you home after. However, they may not be able to be with you for the ultrasound, procedure, and recovery.

If I'm trans or gender diverse, will I receive non-judgemental support when accessing abortion care?

- Response from Prairie Mountain Health: "PMH promotes access to health care and respect for all people. We strive to provide patient centered and non-judgmental care. Feedback is appreciated for any quality improvements we can make on our forms or intake process or when a client is able to provide experience feedback."
- The Women's Health Clinic website states "we offer support for reproductive and sexual health issues to people of all ages and genders who have a cervix, uterus, vagina, or vulva.," this includes abortion care.
- It is your right to receive non-judgemental care. If you experience any form of discrimination while receiving abortion care, please report it and/or share feedback with the organization you received abortion services.

Will my doctor/partner/husband/wife/boyfriend/girlfriend etc. know that I've had an abortion?

- There are no tests to look for abortion pills in your body, and any symptoms you experience from a medical abortion look the same as the symptoms of a miscarriage. Surgical abortions may also look similar to a miscarriage, or regular period, afterwards. You do not need to share with anyone, including a health care provider, that you have taken abortion medication, or had a surgical abortion. **The treatment for an incomplete medical or surgical abortion is the same as a miscarriage.**

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