

MEDICATION & SURGICAL ABORTION CARE IN MUSKOKA

PATIENT PATHWAY

What are my options?

You can speak to your Doctor, Nurse Practitioner, or Midwife. Here are some online resources to help: [All Options](#) | [National Abortion Federation Canada](#) | [Action Canada](#) | [Shore Centre](#).

Did you know?

- **Medication abortion care:** Many local Family Doctors and Nurse Practitioners offer abortion medication up to 10 weeks pregnant. You can ask your care provider if they offer this. There are in person services available in Muskoka (see below). There is also a Midwifery-led virtual option in Midland (see below).
- **Surgical abortion care:** If you are less than 13 weeks pregnant, you do not have to travel out of the region (you have options). Refer to the table below or you can call the Simcoe Muskoka District Health Unit and speak with a Sexual Health Public Health Nurse: 705-721-7520 or toll free at 1-877-721-7520 press 3.

**DECISION: MEDICATION
ABORTION 70 DAYS LESS
THAN YOUR LAST PERIOD
YOU HAVE OPTIONS**

**Your own primary care
provider may offer this
medication or**

MUSKOKA

*Huntsville- Maternity Care
Clinic*
705-789-2355

North Muskoka NP-Led Clinic
Self-referral available
705-224-6752
info@northmuskokanplc.com

BRACEBRIDGE

Family Doctors on Hiram
Self referral by:
archdekin@ccfht.ca
705 645 2223 ext 3

ORILLIA (virtual option)

Orillia Midwives
Self-referral [CLICK HERE](#) or
705-326-0000

MIDLAND (virtual option)

Georgian Bay Women's Clinic
Self-referral [CLICK HERE](#) or
705-527-4154

**DECISION: SURGICAL
ABORTION**

Up to 13 weeks pregnant

- Ask your primary care provider for a referral [HERE](#).
- For those without a primary care provider, the Muskoka or Midland clinics listed in the left-hand column can assist you with a referral to surgical care.

Past 13 weeks

- Speak to your primary care provider or visit the Women & Children's Health Network website for a list of Ontario clinics [CLICK HERE](#).
- Also: [Abortion clinics list Canada](#).

**SURGICAL BOOKING AND
PRE-OP ASSESSMENT**

List of clinics in Ontario
www.wchn.ca/accesscare

After-Care Information:
[My Post Care](#)

MENTAL HEALTH MATTERS!

You are not alone, there are resources available.

Access post-abortion emotional well-being [HERE](#)

Would talking about it help?
Visit: [PAIL Network](#) or [ShoreCentre](#)

Contraception Access Information:

<https://mypostcare.ca/contraception-explorer/>

<https://www.sexandu.ca/contraception/>

