

SAFER CLINICS

The following clinics in Saskatoon provide abortion services and have worked with transgender patients:

These clinics do not require doctor referrals.

Saskatoon Sexual Health

213 Ave C South

306-244-7989

Saskatoon Community Clinic

455 2nd Ave N

306-652-0300

ADDITIONAL RESOURCES

Saskatoon Abortion Support Network

Provides in-person, talk & text, and practical support for people seeking abortions in Saskatoon and area, including accompaniment to appointments and free doula services. www.sasn.ca

TransSask

Provides resources and support services for Saskatchewan's transgender, Two Spirit, non-binary, and gender diverse communities. www.transsask.ca/

OUT Saskatoon

Provides education, support services, and other resources for 2SLGBTQ people in Saskatoon, including a QTBIPOC support group. www.outsaskatoon.ca

AFFIRMATIONS

I am no less trans/non-binary for getting an abortion.

I can make the decisions that are best for me, my body, and my health.

I deserve to be supported in my decisions.

There is no "right" way for me to feel. Whatever emotions I have are okay.

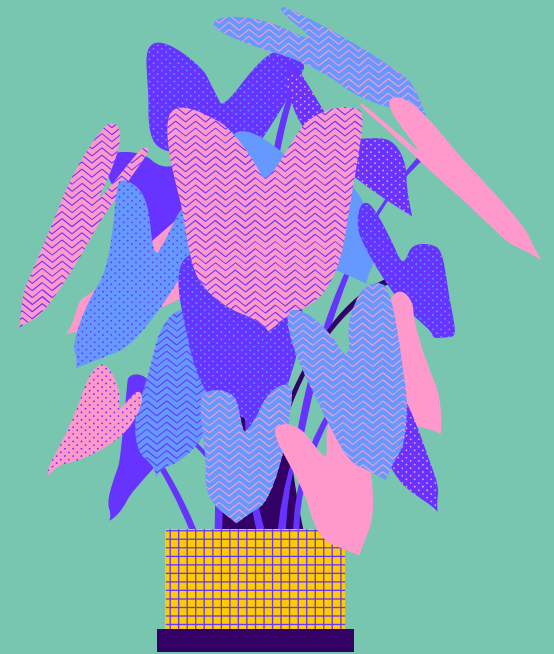
I have a wider community I can turn to who will support me.



SASKATOON ABORTION SUPPORT NETWORK

Saskatoon, Saskatchewan
saskabortionnetwork@gmail.com
www.sasn.ca

TRANS & NON-BINARY PEOPLE AND ABORTION



ARE YOU TRANS AND/OR NON- BINARY AND GETTING AN ABORTION? YOU'RE NOT ALONE.

While we don't have statistics on how many trans, Two-Spirit, and non-binary people access abortion services, we know that they do. Your gender should not prevent you from having a safe and supported abortion experience.

This brochure will walk you through the process of getting an abortion, and mention some things you may want to consider as a trans and/or non-binary person. Remember, you do not need to go through this process alone.

THE ABORTION PROCESS

1. Make an appointment at a clinic that provides abortion services

There are several clinics in Saskatoon that offer abortion services, including Saskatoon Sexual Health and Saskatoon Community Clinic. Some of these clinics may ask you for a referral from your doctor.

2. Your First Appointment

At your first appointment, your provider will have you do some blood tests and an ultrasound to see how far along in your pregnancy you are. You will also talk to your provider about your pregnancy options: parenting, adoption, and abortion. Your health history and plans for contraception will be discussed, and your provider may give you a clinical exam. At the end, you may see a counselor or a specialist if you would like.

3. The Abortion

If you get a medical abortion, you will usually take the medications at home. You may have cramping and bleeding for up to four weeks. You will need follow-up appointments to make sure the abortion is complete.

If you have a surgical abortion, you will have to go to the clinic for the procedure. Your cervix will be numbed, and your provider will put medical instruments in your vagina and uterus to remove the pregnancy. The actual procedure takes 10-15 minutes.

SELF-ADVOCACY: THINGS TO CONSIDER

IS MY ABORTION PROVIDER USING LANGUAGE I AM COMFORTABLE WITH?
Some abortion providers may use language that implies that you are a woman, or that your body is that of a woman. At the beginning of your appointment, you can ask them to use language that you are comfortable with to refer to your body.

WHAT CAN I DO TO REDUCE ANY DYSPHORIA I MAY FEEL?
Some trans/non-binary people experience dysphoria when getting an abortion because our society connects pregnancy to womanhood. Remember, getting an abortion does not make you any less trans/non-binary.

DO I WANT A SUPPORT PERSON WITH ME?
A support person (friend, family member, partner, Elder, abortion doula, etc.) can advocate for you, help you work through any difficult emotions, and help you with any practical issues you may have during your abortion.

CULTURAL CONSIDERATIONS
If you are Two-Spirit, engaging in cultural practices such as smudging or seeking support from an Elder can help you through the process.