



Abortion Care Resources

Types of abortion care

Medication abortion means ending a pregnancy by taking pills; mifepristone and misoprostol are the most commonly prescribed medications for this purpose. These pills work by stopping the pregnancy from growing and causing the uterus to empty, which ends the pregnancy. This is different than the pills in emergency contraceptives (like Plan B), which do not end a pregnancy that has already started.

The FDA has approved abortion pills for use up to 10 weeks of pregnancy, though in some places they're used later than that. In many states (including Washington), you can get abortion pills from a healthcare provider, either in person or through telehealth. Some people also choose to order abortion pills online and use them at home without working directly with a provider.

A *procedural abortion*, sometimes known as a surgical abortion, is performed by a trained medical professional in a clinical setting (clinic or hospital). There are two main types of procedural abortion: vacuum aspiration or dilation and evacuation (D&E). Vacuum aspiration is most common and can be used up to 16 weeks after the last menstrual period, while D&E is used up to 24 weeks.

Where to find care

Abortion is legal in the state of Washington. There are many places that you can choose to access medical care services. A few local clinic options include:

Planned Parenthood - Local clinics in Bellevue, Seattle, and Lynnwood (and other locations throughout the state) - offering abortion services, as well as other reproductive care including birth control option, STD testing, and HIV care. Accepts private insurance, Apple Health/Medicaid, and other funding options. <https://www.plannedparenthood.org/>

Cedar River Clinics - Renton, WA - offering abortion care, as well as birth control and STD testing. Accepts, private insurance, Apple Health/Medicaid, and offers a sliding fee scale. <https://cedarriverclinics.org/>

Lilith Clinic - Seattle, WA - offering abortion care and women's reproductive health care. Accepts many major insurance plans. <https://lilithclinic.com/seattle/>

All Women's Health - Federal Way, WA - offering abortion care, and other wellness services such as STD testing, annual exams, and LGBTQ care. Accepts private insurance, Apple Health/Medicaid, and sliding fee scale options. <https://awhfederalway.com/>

Looking for more resources? Check the [Washington Reproductive Alliance](#), a partnership with UW Medicine. You can search for providers and additional pregnancy options, and learn more about financial resources.

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