

Preparing for your visit

If you have made an appointment for treatment, please read the information on our website www.mildredclinics.nl carefully to ensure that you are well prepared. If you have made an appointment for curettage, you must bring the following items to the clinic with you:

- valid proof of identity (passport, driving licence or ID card)
- your health insurance card
- a card showing your blood group (if you have such a card)
- a nightdress or long T-shirt
- a sweater or cardigan
- 2 extra pairs of panties (no G-strings)
- socks
- slippers
- a bathrobe
- sanitary towels

If you have agreed on sedation during the treatment, it is very important for you to have fasted when you arrive at the clinic. In other words, you must stop eating, snacking and smoking 6 hours before your appointment. You can only drink 1 glass of water, tea or coffee (without milk!). In the 2 hours before your treatment, you must not drink any liquids. It is therefore likely that you will feel a little weak after the treatment, so remember to bring along something to eat and drink afterwards. Also very important is to make sure that you have someone who can take you home after the treatment, as you may not drive or ride a bicycle after being sedated. Even if you are travelling by public transport, it is important for you to have someone with you as you may feel slightly unwell after the treatment. It is our policy not to let patients leave unaccompanied following curettage under sedation.

Where can you find us?

Mildred Clinics Eindhoven

Jan van Schoonvorststraat 20-22
5611 PK Eindhoven
Opening hours: Monday through Friday, from 8.30 to 16.30

Mildred Clinics Arnhem

Sonsbeeksingel 29-31
6814 AB Arnhem
Opening hours: Monday through Friday, from 8.30 to 16.30

Mildred Clinics 's-Hertogenbosch

Palmboomstraat 127
5213 VG 's-Hertogenbosch
Opening hours: Saturday from 9.00 to 14.00

More information and directions

- ☎ +31 (0)88 200 73 33
- ✉ info@mildredclinics.nl
- 💻 www.mildredclinics.nl

Unwanted pregnancy?



Personal attention, just for you



Personal attention, just for you

Mildred Clinics is a dedicated centre specialising in care relating to abortion and sexuality. The Old English name Mildred means 'gentle strength'. This name is in keeping with our identity. We want to help women gently consider their options. And then lend them strength to stand behind their decision.

Unwanted pregnancy?

Then you have a difficult choice to make. Do you wish to terminate the pregnancy or not? And if you do, which treatment should you choose? At Mildred Clinics, we can help you make that decision – with personal attention and without judgement. Have you decided on a treatment? We will perform the desired procedure with care and professionalism.

Which forms of abortion care do we offer?

We offer you the choice of two treatments: an abortion pill or curettage. These are possible up to the twelfth (Eindhoven location) or seventeenth (Arnhem location) week of your pregnancy. You can learn more about our treatment options at www.mildredclinics.nl. You will also receive information about contraception and you can have long-term contraception fitted.



Without judgement

We take the time to listen to you, without any judgement on our part. We explain what your options are and respect any choice you make. And we safeguard your privacy as well, of course: **your abortion is no one else's business.**



With personal attention

We empathise with your situation and do our best to help you cope with it. Our experience has taught us how difficult this situation can be for a woman. That's why we provide careful guidance throughout the entire process – from the very first telephone call to the last instance of contact.



Professionalism

We conduct every procedure in a safe, professional manner and work according to the latest scientific insights. Our clinics are modern and comfortably furnished and our facilities are among the very best in the Netherlands.



Driven

Our staff includes specialised physicians, nurses and anaesthesiologists with years of experience. They regularly undergo updated training and are driven to provide the very best care possible.

Appointments

We can be contacted by telephone Monday to Friday, from 8.30 to 16.30. Our telephone number is: **+31 (0)88 200 73 33**. You can visit our clinics Monday to Friday. If you would like to make an appointment, please have your citizen service number (BSN) to hand. You will find this number on your passport, driving licence or ID card.

Costs

If you are a legal resident or are legally employed in the Netherlands legally, the costs will be paid entirely. Your insurer will not be informed and the treatment will not affect your excess.

In order to check whether you are eligible to have the cost of the treatment reimbursed, we require the following from you:

- valid proof of identity (passport, driving licence or ID card)
- your health insurance card

Please take these documents with you to your first appointment. We cannot help you if you cannot provide proof of your identity. Are you a temporary or illegal resident of the Netherlands? Or do you live abroad? Then you will need to pay the cost of your treatment yourself.