

considering **abortion?**



Considering abortion?

If you're pregnant and considering abortion, you are not alone. 1 in 3 women in the UK will have an abortion by the time they are 45 years of age.

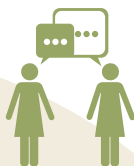
At British Pregnancy Advisory Service (BPAS), we help thousands of women with unplanned pregnancy counselling and abortion treatment every year. **We can also help you.**

About British Pregnancy Advisory Service (BPAS)

BPAS is the UK's leading abortion care service and has been taking care of women for almost 50 years. Our sensitive and highly trained staff will help guide you through your options and provide abortion treatment if you choose it.

BPAS is a charity and not for profit. The NHS funds 96% of the abortion treatments we provide.

We have clinics all over the UK offering quick, convenient appointments.



www.bpas.org

Make a booking

Call **03457 30 40 30**
to arrange your appointment

Please tell us whether you are sure of your decision and ready to proceed to treatment, or if you would prefer to talk in more detail about your options before deciding. This helps us to make sure that we give you the most suitable appointment.

We will ask for some information to make your booking:

- Your name, address, date of birth, telephone number
- The date of your last period, height, weight and medical conditions

We will check if the NHS will pay for your treatment, and for this we need:

- Your GP's name, address, postcode and your NHS number.

Alternatively, you could choose to self-fund your treatment.

We then offer you an appointment at a time and place of your choice. After the call we send an email to confirm the appointment details. To make sure that your appointment goes smoothly, please pay close attention to the telephone and email instructions.



BPAS 03457 30 40 30

Your first appointment

Some first appointments are at the clinic – they may be on the same day as your treatment. Other first appointments take place mainly over the telephone.

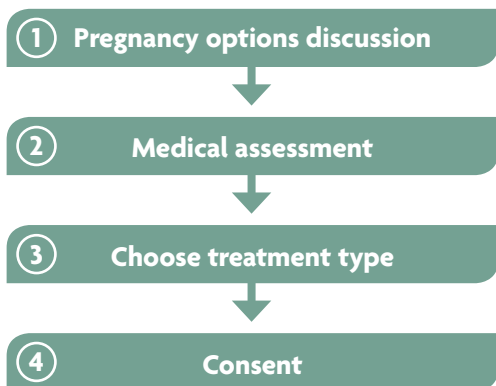
For your first appointment you will need:

- your medicines, and
- if you have been given any letters and paperwork from your GP or family planning clinic – make sure you have them with you

Our clinics are not suitable for children – please don't bring them with you.

What happens before you can be treated?

Whatever type of appointment you choose, you will go through the same steps to ensure that your treatment is legal, suitable and safe.



① Pregnancy options discussion

We talk about how you feel about your pregnancy and what you want to do next.

We will trust your decision and support your choice.

If you are unsure or need more time, our counsellors can help you explore your thoughts and feelings.

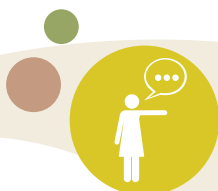
If you decide to end the pregnancy with abortion, you will have a medical assessment.

② At your medical assessment

We will:

- ✓ Ask about your medical history and check your weight and height.
- ✓ Give you a scan - for early pregnancy a small probe is placed in your vagina.
- ✓ Test your blood - a finger prick test is always needed, sometimes we take a little more blood.
- ✓ Talk about contraception - are you interested in more reliable methods than your usual contraception.
- ✓ Sexually Transmitted Infection (STI) testing - routine testing is recommended.

If your first appointment is by telephone - your scan, blood tests and other checks are done on the day of treatment.



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③ Choosing your treatment

The procedure you can have will depend on the gestation of your pregnancy, the results of your medical assessment and your preferences. We will answer all your questions and help you choose the most suitable procedure.

We provide abortion treatment up to 24 weeks' gestation.

80% of UK abortions are under 10 weeks of pregnancy.

Surgical and medical 'abortion pill' treatments are available.

The abortion pill involves taking medicines to end the pregnancy

- **Up to 10 weeks**, expect cramping, pain and heavy bleeding.
- **After 9 weeks** more than 1 appointment is needed.
- **After 10 weeks**, medication makes the womb contract and push out the pregnancy and in some cases an overnight stay is needed at the 2nd appointment.

Surgical abortion is a minor operation

You can have sedation to make you relaxed, sleepy and to reduce pain and worry.

You need someone take you home and stay with you after sedation or general anaesthetic.

- **Up to 15 weeks**, the pregnancy is removed by gentle suction with local anaesthetic.
- **Over 15 weeks**, the pregnancy is removed using narrow forceps and always requires sedation or general anaesthetic.
- **Treatments at 22 weeks and over** require more than 1 visit and possibly a local overnight stay.

④ Consent

Abortion is very safe, but there are some known risks and possible complications - we will talk about what these are.

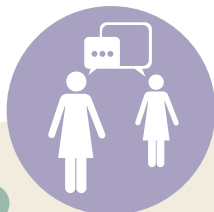
So now you know what to expect,
you can make that call:

Telephone

03457 30 40 30

Or request a callback - see

www.bpas.org



BPAS 03457 30 40 30



I just wanted to say thank you.
Your staff showed both kindness and
professionalism and this definitely
helped me get through the day.



BPAS client

BPAS - here if you need us

03457 30 40 30

www.bpas.org

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Registered Charity 289145 as British Pregnancy Advisory Service

BPAS is registered and regulated by the Care Quality Commission

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