

Patient Information Leaflet

Unplanned Pregnancy: Your Choices

Produced by:
Pregnancy Advisory Service

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

Pregnancy Assessment Clinic

Many women who are faced with an unplanned pregnancy find it hard to make a decision about what to do. This leaflet is designed to give information about available choices.

Whilst recognising that every woman with an unplanned pregnancy faces her own particular circumstances, we hope it helps you become clearer about the options open to you.

It is the policy of the Isle of Wight NHS Trust to offer every woman the opportunity to discuss her options, including continuing with the pregnancy, adoption or abortion.

This is done at the Pregnancy Advisory Assessment Clinic situated in the Sexual Health Service department at St Mary's Hospital, Newport. Telephone number (01983) 534202.

Our aim is to see you within 14 days of receiving a referral to the service from your doctor or family planning clinic.

Confidentiality

The service is confidential and telephone calls or correspondence will only be made to the contact numbers/address provided by you/your referrer. Therefore, it is vital to ensure that these are correct.

Your options

- To continue with the pregnancy
At any time during your consultation with the Service you may make the decision to continue with the pregnancy. Should this be your choice, we will refer you to your GP/Midwife so that they can ensure that you receive antenatal care.

Don't forget folic acid. This is an essential vitamin in early pregnancy.

- Adoption
Another option open to you is adoption. Again, this choice can be made at any stage of the pregnancy and, should you choose this route, you will be put in touch with the agencies to support you with this.
- If you chose to have a termination
If the pregnancy is under 13 weeks, your abortion will take place at St Mary's Hospital, Newport, Isle of Wight. If the pregnancy has progressed further, you will have to be referred to Bournemouth, Brighton or London for the procedure to be carried out. This service is free. However, you will have to pay your own travel expenses and any accommodation costs incurred.

On the Island we are able to offer either:

Early Medical Abortion (EMA), which can be carried out up to 8 completed weeks of pregnancy.

Or

Surgical termination of pregnancy, This is carried out as a day case, under a short lasting general anaesthetic, at around 7–12 completed weeks of pregnancy.

It is a legal requirement for two doctors to sign a certificate of agreement to the abortion. One of these is normally the referring GP. However, sometimes the referring doctor is not willing to support the abortion. In these circumstances a second appointment at the hospital may be necessary.

We would not expect any problems following the abortion. However a few women may develop an infection or require further treatment. There will be no problems with future fertility provided the procedure has not had any complications, although it is suggested that there may be a slightly higher risk of miscarriage or early birth.

Serious infections such as PID (Pelvic Inflammatory Disease) chlamydia or injury to the womb may affect your fertility. Therefore, part of your assessment will be screening for chlamydia and other infections.

This will be discussed with you at the clinic. If any results are positive, appropriate antibiotics and further screening will be offered.

Your GP or referring doctor will normally receive notification that you have had an abortion and be informed if you need any further treatment due to infection, such as chlamydia.

If you are under sixteen, we will encourage you to tell a parent. If this is not possible, another responsible adult whom you feel able to trust, should accompany you. You should still be able to have an abortion without telling your parents if the doctors feel that you fully understand what is involved and that it is in your best interests.

All of our services are confidential; however, if the doctor or nurse suspects that you are at significant risk of harm (for example sexual, physical or emotional abuse), they are obliged to notify the Lead for Child Protection. This would only ever be done after a discussion with you.

The clinic visit

There is a lot of information to be discussed and you will see both the nurse and the doctor. Therefore, please allow at least 1–2 hours for this visit. You are welcome to bring your partner, a friend or relative with you.

The nurse will ask you some questions about your health and check your blood pressure, weight, height and screen your urine for infection. If the results are positive you will be told, and if necessary referred back to the Sexual Health Service for appropriate treatment.

Occasionally you may need an internal examination to determine how many weeks pregnant you are. This is usually done with a trans-vaginal ultrasound scan.

The doctor will discuss your unplanned pregnancy and the options open to you.

If you decide to continue with the pregnancy, you will be referred back to your GP or midwife for antenatal care.

If you decide to terminate the pregnancy, you will be given a date for your abortion and issued with a blood test form. You will be advised when to have the blood test. This is important to check your blood group and to test for anaemia prior to the procedure. You will also be given further information regarding the procedure and what to expect, both on the day itself and afterwards.

Contraception

You can get pregnant within two weeks of having an abortion, so please make sure you have prepared for future contraceptive cover. A full range of contraceptive choices are discussed and offered in the clinic, all of which are free. The nurse will discuss your options and give you information leaflets to help you make an informed choice.

Try not to put off or delay making your decision. If you decide to continue with the pregnancy, it is important to access antenatal care early on. If you decide to have an abortion, the earlier this is done, the safer and easier it is.

Useful contacts

In addition to the clinic visit, some women find talking to a qualified, professional counsellor or social worker can help them to come to a decision which is right for them. There may be things that you need to find out before deciding on a course of action.

British Pregnancy Advisory Service: 0857 304030

Brook (Information on contraception and sexual health for young people): 020 7284 6040 (www.brook.org.uk)

St Mary's Hospital Chaplain: 01983 534639

Samaritans: 01983 521234

Island Women's Refuge: 01983 521234

Youth Trust: 01983 529569

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.