

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

Over 96% of the women we see don't have to pay for their care, as it's funded by the NHS. Our sensitive and highly trained staff can help guide you through your options, and provide abortion treatment if you choose it. Your GP or family planning service can usually make an NHS funded appointment for you at BPAS. Or, you can make an appointment with us direct with a single phone call.

Talk to us as soon as you can - call:

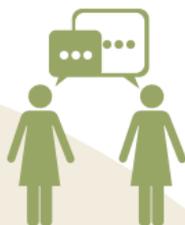
**03457 30 40 30** or **01789 508 211**

We have clinics all over the UK and provide quick, convenient appointments for consultation only, or consultation and treatment on the same day.

## About BPAS

BPAS is the UK's leading provider of abortion care. We offer unplanned pregnancy counselling and abortion treatment. We've been treating women with unplanned and unwanted pregnancy for over 45 years. All our staff are trained and experienced in providing specialist, sensitive abortion care to women of all ages.

BPAS is a charity and not for profit.



[www.bpas.org](http://www.bpas.org)

# Your steps at BPAS

This leaflet will help guide you through your time with BPAS.



## Make a booking

Bookings are made by calling **03457 30 40 30** or **01789 508 211**. We are available all day and every day.

We will ask you several questions when you call, including:

- **Contact details** - your name, address, date of birth, telephone number and how you want us to keep in touch with you.
- **NHS details** - your GP's name, address and postcode (your GP will only be contacted with your permission).
- **Medical details** - the date of your last menstrual period, height and weight, and any medical conditions which affect you.

Alternatively see [www.bpas.org](http://www.bpas.org) to request a call back.

**BPAS 03457 30 40 30**

# At your consultation

The consultation takes about 2 hours. You may see different people for each part of the appointment. Treatment is usually undertaken at your next appointment, unless you've already booked your treatment for the same day (and the same day treatment is suitable and safe for you).

## Remember:

- Bring all letters and paperwork from your GP or family planning clinic.
- Bring all your medicines.
- You may be given an internal scan if you are under 8 weeks pregnant.
- Our clinics are not suitable for children - please do not bring them.
- Take note of what you are told about eating and drinking if you booked for same day treatment. If you don't follow the instructions given to you at the time of booking, it may not be safe to give you the treatment of your choice, or your treatment may be postponed.

## Pregnancy options discussion

During your consultation you will have time to talk about the pregnancy and your choices, which are to:

- Continue with the pregnancy and become a parent.
- Continue with the pregnancy and pursue adoption.
- End the pregnancy.

If you're undecided, you can take time to speak in depth to our counsellors. If you decide to have an abortion, you will proceed to medical assessment.

## Medical assessment

To ensure that treatment is suitable and safe for you, we need to perform some checks.

We will:

- Ask you about your medical history, and check your weight and height.
- Give you an ultrasound scan on your tummy (for early pregnancy a small probe may be placed into your vagina).
- Your blood will be tested - a finger prick test is always needed and sometimes we may take a little more blood.
- Enquire about your preferred method of regular contraception after treatment.

It makes sense to be tested for sexually transmitted infections while you're with us, we will let you know which tests are available.

## Choose your treatment

The type of abortion available to you will depend on the following:

- How many weeks pregnant you are.
- If you would like to be awake or asleep during your treatment.
- The results of your earlier medical assessment.

We will answer your questions to help you choose the best treatment type for you, then we'll book your treatment appointment.

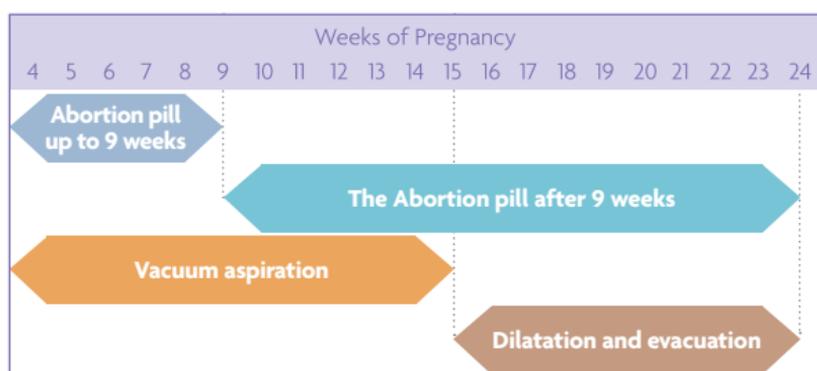
See over the page for more information on the different types of treatments available.



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# Treatment types

Abortions are performed either medically (by medication) or surgically (with an operation).



## Medical

There is a misunderstanding that the “abortion pill” (early medical abortion) involves a single visit to the clinic to take a pill. In reality medical abortions require at least 2 clinic visits. Some women feel that the “abortion pill” is a more natural process.

### Abortion pill up to 9 weeks of pregnancy (EMA or Early Medical Abortion)

- Involves taking medication to cause an early miscarriage (women experience cramping, pain and heavy bleeding).
- At least 2 visits to the clinic are needed (which may be on the same day or up to 3 days apart). Check the details when you book.
- No surgery or anaesthetic is used.

### Abortion pill between 9 and 24 weeks of pregnancy

- Involves taking medication to cause the womb to contract and push out the pregnancy.
- 2 visits to the clinic are required.
- In some cases an overnight stay is needed at the second visit.

## Surgical

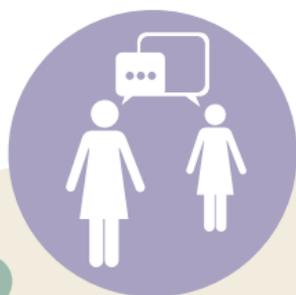
Surgical abortion treatments are usually completed quicker than medical abortion procedures. Most surgical treatments (up to 22 weeks pregnancy) need only 1 visit to the clinic.

### Vacuum aspiration up to around 15 weeks of pregnancy

- Removes the pregnancy by gentle suction.
- Up to 12 weeks can be done while you are awake (local anaesthetic). The quicker recovery time for this procedure means you can leave the clinic unattended and drive sooner.
- Up to 15 weeks can be done while you are asleep (general anaesthetic).

### Dilatation and evacuation between 15 and 24 weeks of pregnancy

- Carried out while you are asleep (under general anaesthetic).
- The pregnancy is removed using narrow forceps through the neck of the womb.
- Treatments of 22 weeks and over may need more than one visit or a local overnight stay.



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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](http://www.bpas.org)**

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