

## Information for Women Considering Abortion

### THE CENTRE

The Pregnancy Advisory Centre provides health services for women facing unplanned pregnancy. It is open from 8.30am to 4.30pm Monday to Friday. Services are confidential and free of charge. Partners, family members or friends are welcome.

We promote women's rights to make informed decisions and to take power over their own lives.

We provide:-

- Emergency contraception (morning after pill)
- Counselling
- Pregnancy testing
- Abortion services
- Contraception
- Sexual health care and information
- Community education and training

### HOW TO CONTACT US?

You don't have to be referred by a doctor. Just phone us on (08) 8243 3999 and make an appointment yourself.

### COUNSELLING

If you're pregnant and feel unsure about the best course of action, it may help to make an appointment to talk about your decision with one of the counsellors who will explore your options with you. Post-abortion counselling is also available.

### WHAT HAPPENS WHEN YOU COME TO THE CENTRE FOR AN ABORTION?

There are two main parts to the service - the clinic consultation and the abortion operation.

At the clinic consultation you will see a health worker and a doctor.

#### *The health worker will:-*

- talk with you about the pregnancy and your decision
- explain the procedure & the risks involved.
- provide contraceptive information
- answer any questions you may have.

Further counselling can be arranged if needed.

#### *The doctor will:-*

- confirm how far pregnant you are by doing an ultrasound scan
- check your medical history
- ensure you are aware of the risks involved in an abortion procedure
- answer any questions you might have
- obtain your consent for the operation
- make an operation time, usually within one week. (Women from the country & those with special needs may have consultation and operation on the same day.)
- provide contraceptive prescriptions.

This visit will take about two hours.

### THE ABORTION

You can expect to be at the Centre for three-five hours. The operation is called vacuum aspiration and is carried out under anaesthetic according to whether you want to be aware of the procedure or not. Sometimes tablets need to be taken prior to operation to soften and open the cervix. Once the anaesthetic has been given the cervix is gently stretched open and a small suction tube is used to empty the uterus. The whole procedure takes about 15-20 minutes.

You'll wake up soon afterwards in the recovery room where nurses will check your blood pressure and any blood loss.

You may experience some cramping similar to period pain and you can expect to feel drowsy. Some women may experience nausea. When you're ready you can walk into the lounge area where you can have something to eat and drink and the staff will give you information about aftercare. If someone has accompanied you, they are welcome to sit with you in the lounge area until you leave.

Following the anaesthetic you must not drive for 24 hours. You'll need to arrange for someone to drive you home or accompany you in a taxi. It's strongly recommended that someone stays with you that night.

You'll be given information about what to expect after the abortion, including possible complications. You're welcome to speak to staff and to contact us with any questions or worries you might have after you leave. An after hours contact number will be made available.

## ***FOLLOW-UP***

We recommend that you attend a follow-up appointment two weeks after the abortion. You may wish to come back to the Centre or visit a health centre or doctor of your choice.

## ***CHILD CARE***

We don't have the facilities for providing care at the Centre so please don't bring children. Pre-booked child care, free of charge, can be arranged by contacting the Centre.

## ***INTERPRETERS***

We can arrange interpreters in all languages if you let us know when you make your appointment.

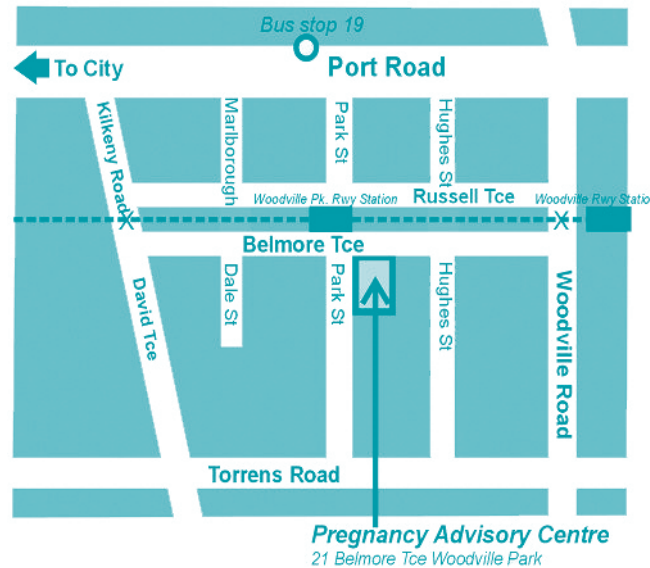
## ***WOMEN FROM RURAL AREAS***

If you're coming from the country or isolated areas we can assist if necessary with information about accommodation options and other services.

## ***TEACHING HEALTH WORKERS***

Services at the Centre are provided by health workers who have experience in this particular area of women's health. We also teach medical practitioners and health workers about abortion service provision. The health workers you see may be training and working under the supervision of experienced practitioners.

## ***HOW TO FIND US***



### ***TRAIN***

(easier to catch train)  
From Railway Station, North Terrace, City  
Grange or Outer Harbor Train  
to  
Woodville Park Railway Station

### ***BUS***

From North Terrace, City  
Bus 151, 153, 155  
to  
Bus Stop 19 on Port Road  
Short walk down Park Terrace

***For further information contact:***

***Pregnancy Advisory Centre  
21 Belmore Terrace, Woodville Park SA 5011***

***Office hours: Monday to Friday  
9:00am - 4:00pm***

***Telephone: (08) 8243 3999***

***Fax: (08) 8243 3998***

***www.pregnancyadvisorycentre.com.au***

***SA Country Toll Free - 1800 672 966***

*September 2008*



**PREGNANCY ADVISORY CENTRE**

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