

How to find us



TRAIN (easier to catch a train)

From Railway Station, North Tce, 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 Pregnancy Advisory Centre

21 Belmore Terrace, Woodville Park SA 5011
Office hours: Monday to Friday 9am—4pm
www.pregnancyadvisorycentre.com.au

Phone: (08) 8243 3999

Fax: (08) 8243 3998

SA Country Toll Free—1800 672 966

E-mail: Pregnancy.Advisory@health.sa.gov.au



Government of South Australia
Central Northern Adelaide
Health Service

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Follow Up

If you have a medical abortion you must have 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.

Childcare

We don't have facilities for providing care at the Centre so please don't bring children. In an emergency we may be able to assist you with childcare arrangements .

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.

Pregnancy Advisory Centre

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Information for Women Considering Abortion



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Woodville Park SA 5011

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Fax (08) 8243 3998

SA Country Toll free

1800 672 966

Information for Women Considering Abortion

The Centre

The Pregnancy Advisory Centre provides health services for women facing unplanned pregnancy. It is open from 9.00am to 4.00pm 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 about their reproductive choices.

We provide:

- Emergency contraception (morning after pill)
- Counselling
- Pregnancy Testing
- Abortion Services—Medical & Surgical
- Contraception services following an abortion
- 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.

Abortion Services

Medical Abortion:

- available up to 9 weeks gestation (63 days)
- involves the use of tablets over 24-48 hrs to cause a miscarriage
- can take place at home, or at the Centre, after the initial medication is given
- causes cramping & bleeding which may range from mild to severe, so it is recommended you have a support person with you during the miscarriage
- needs follow up with blood tests and/or an ultra sound scan to ensure it is successful
- is 95-98% effective.

Surgical Abortion:

- is available up to approximately 22 weeks gestation
- is an operation done under anaesthetic at the Centre
- usually involves some cramping and bleeding after the operation
- carries small risks (infection, damage to the uterus) which increase with the number of weeks
- is a more complex procedure after 16 weeks.

All women attending the Centre seeking an abortion will have a consultation with a health worker and a doctor. This visit will take about two hours.

The health worker will:

- talk with you about the pregnancy and your decision
- explain the medical and/or surgical 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 ultra-sound scan
- check your medical history
- ensure you are aware of the risks involved in the abortion procedure and answer any questions you may have
- obtain your consent for medical abortion or surgical procedure
- make a time for operation, or for follow up of a medical abortion
- provide tablets for a medical abortion
- provide contraceptive prescriptions.

The Abortion operation:

- expect to be at the Centre for 3-6 hours
- tablets are taken prior to operation to soften and open the cervix
- anaesthetic is used according to whether you want to be aware of the procedure or not
- the cervix is gently stretched open and a suction tube used to empty the uterus
- the operation takes about 10-15 minutes
- you wake up in recovery soon after
- nurses will care for you providing medication for pain and nausea
- you can have something to eat and drink soon after the operation
- you can sit with your support person in the lounge area until you are ready to leave
- you must not drive for 24 hrs after an anaesthetic and you must have someone to drive you home or arrange a taxi
- it's strongly recommended that someone stays with you overnight
- you'll be given information about what to expect, including possible complications
- you can contact PAC staff during office hours with any questions or worries you might have after you leave. An after hours contact number will be available for medical emergencies.