

## Why do I need a supporting adult?

- The reason we ask that you have a supporting adult is to be sure that you will be safe and there is someone to look after you after having the abortion – but it's really important that you come to your first appointment even if you cannot think who this will be.

**For further advice or to discuss any aspect of this leaflet please ring the Pregnancy Advisory Service on 0117 342 6824**

**Bristol Sexual Health Services  
Central Health Clinic  
Tower Hill  
Bristol BS2 0JD**

For access to other patient leaflets and information please go to the following address:

**[www.uhbristol.nhs.uk/patients-visitors-and-carers/patient-information.html](http://www.uhbristol.nhs.uk/patients-visitors-and-carers/patient-information.html)**

**Hospital Switchboard: 0117 923 0000**



**Minicom: 0117 934 9869**



**[www.uhbristol.nhs.uk](http://www.uhbristol.nhs.uk)**



For an Interpreter or Signer please contact the telephone number on your appointment letter.



For this leaflet in Large Print, Braille, Audio, or



Email, please call the Patient Information Service:  
0117 342 3728 / 3725



## Why Do I Need A Supporting Adult?

For young women (under 18)  
considering abortion



Patient Information is supported by

**ABOVE & BEYOND  
CHARITIES**

Enhancing healthcare in Bristol



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## Why do I need a supporting adult?

- If you are under 18 years old and are requesting an abortion you will need to ask an adult (someone over 18) to support you during and after the abortion. This does not have to be one of your parents, but many young people want it to be their mum or dad.
- When women having an abortion stay in hospital, it is usually for just one day or less. To make sure you are safe and looked after when you are discharged from the hospital, an adult will have to pick you up (in a car or taxi) and will need to stay with you overnight. This person will need to know that you are having an abortion. They will need to understand what complications to look out for. You will have written instructions and be given advice on what to do if you are worried during that first night or over the next two weeks.

## Who can be my supporting adult?

Any responsible and capable adult (someone who is 18 years or older) can support you as long as they know that you are having an abortion and will pick you up from the clinic/hospital and stay with you overnight. It could be your mum, dad, auntie, older sister, partner's mum, friend's mum or anyone suitable that you trust and who agrees to take the responsibility.

- **If you are under 16** this supporting adult will be asked to attend an appointment at the Pregnancy Advisory Service with you before the abortion. This is so that your doctor can meet them and explain to them what is expected of them.
- **If you are 16 or 17 years old** you will also need a supporting adult. They won't need to attend an appointment at Pregnancy Advisory Service but you will be

asked to give their name and phone number and the staff at the Pregnancy Advisory Service may phone them to discuss what is expected of them.

- **It is really important that you come to your first appointment even if you cannot think of an adult that you want to ask.** Our team will help you work out what to do and can help you to decide who to ask for help. We know that it can be really hard and we can offer support and suggestions to help you "break the news". Come to the appointment anyway because it's better not to delay things.

## What if I cannot find a supporting adult?

- In this situation Pregnancy Advisory Staff will support you as much as possible. Occasionally a Social Worker will be asked to help. You and the social worker will have to come to a joint decision about how best to get the support you need - this will not always mean you have to tell your parents.

## Does the supporting adult have to stay with me in the hospital/clinic?

- If you wish to have someone with you during your time in the hospital/clinic this can be your supporting adult but you could instead choose a supportive friend.