



Your Visit To The Pregnancy Advisory Service Clinic

**For your first appointment phone -
Tel: 0117 927 6362**



Patient Information is supported by

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CHARITIES**



Enhancing healthcare in Bristol



April 2009

To make your appointment

Please ring to make your appointment

Even if a doctor/nurse writes to refer you, please phone yourself (or ask them to phone) to make the appointment and **record the date and time below.**

Your appointment for consultation is on:

.....atam/pm.

You will have a scan to see how many weeks pregnant you are. This is either done on the abdomen or in the vagina; neither is painful.

If you wish to have an abdominal scan you will need a full bladder. To fill your bladder for this type of scan you must drink **one** pint of non-fizzy fluid **one** hour before your appointment.

You will NOT need a full bladder if you choose to have a vaginal scan.

Please bring a urine sample, as this is sometimes useful.

We provide a confidential service to all our patients, including under 16s.

Information will only be given to the medical teams providing your care.

We recommend that your GP is informed of ongoing treatments or conditions - but we would only contact them with your agreement.

The only reason why we might have to consider passing on confidential information without your permission, would be to protect you or someone else from very serious harm. We would always try to discuss this with you first.

Staff will not judge you. They will treat you with respect. The decision about whether or not to continue with a pregnancy is difficult. The staff will be supportive of women who may have conflicting emotions.

What happens at the appointment?

- You will give your name to the clerk in reception and shortly afterwards you will be seen by the clinic nurse.
- This appointment is to discuss and arrange an abortion and it may take two to three hours.
- If you decide to end the pregnancy you will be given a further date for the procedure.
- A partner/friend and/or children are welcome.
- Decisions about abortion can be difficult and we hope to be able to help you resolve any conflicting emotions you have so that you can reach the right decision for you.
- You will have a scan to see how many weeks pregnant you are. This is either done on the abdomen or in the vagina; neither is painful. A vaginal scan does not require you to have a full bladder and may be more comfortable. Staff will not show the scan to you, unless you ask to see.
- If you decide to end the pregnancy you will need some blood tests and swabs. You will receive the results when you attend for the abortion or by the means of contact that you agree with us.
- The doctor or nurse will discuss your contraceptive requirements.

There are several methods of abortion. The options open to you will depend on how many weeks pregnant you are. Only an outline of the methods is given in this leaflet. More specific written information will be provided to you when you are seen. The risks of abortion are small and depend mainly on the number of weeks pregnant that you are rather than the method chosen.

Early medical abortion

- Available if up to 9 weeks pregnant.
- This method is in two parts, a few days apart.
- At the first visit you take a tablet, wait a while in the clinic and then go home. You can continue your normal activities until the next visit.
- At the next visit you will be given some vaginal pessaries. These pessaries cause the womb to contract and the pregnancy to be expelled.
- The length of stay for the second visit is usually 6 hours (or less).
- Like a natural miscarriage you may have some period-like pain over the next 6 hours or so and can be given some pain killers.
- In around 1 in 10 women a further third visit for a follow-up scan is required.
- Some women choose this method because it is more like a natural miscarriage and they are aware of what is happening to their body, and because it avoids an anaesthetic.

Vacuum aspiration abortion

Vacuum aspiration simply means suction. The contents of the womb are sucked out with a thin plastic tube through the cervix (the neck of the womb). This can be done under a **general anaesthetic** (you are asleep and unconscious), or under **conscious sedation** (you are sleepy but not unconscious) or under **local anaesthetic** (you are awake).

Vacuum aspiration abortion under general anaesthetic

- Available in Bristol if up to 12 (or sometimes 14) weeks pregnant.
- You may have some period-like pain when you wake and can be given some pain killers. It should settle quickly.
- It is usually done as a day-case. As with any general anaesthetic you must not drive for 48 hours and someone will need to collect you from hospital and stay with you overnight.
- Some women choose this method because they do not want to be at all aware of what is happening during the abortion.

Vacuum aspiration abortion under conscious sedation

- Available if up to 12 weeks pregnant.
- You may have some period-like pain and can be given some pain killers. It should settle quickly.
- The clinic stay is short (usually 3 hours) but you will not be able to drive for 48 hours afterwards.
- Some women choose this method because they do not want to be fully aware of what is happening during the abortion.

Vacuum aspiration abortion under local anaesthetic

- Available if up to 10 weeks pregnant.
- You will have some strong period-like pain lasting only a few minutes during the procedure. It should settle quickly over the next half an hour or so and you can be given some pain killers.
- The clinic stay is short (1-2 hours) and you should be able to drive afterwards.
- Some women choose this method because they prefer to be awake and be able to talk to the staff around them.

Later abortion

Medical abortion

- Available if up to 24 weeks pregnant (but in Bristol up to 18 weeks only). This method is in two parts, a few days apart. The length of stay for the second visit is often overnight. If the placenta is not expelled a general anaesthetic may be required.

Dilation and Evacuation (D&E)

- Performed under general anaesthetic. Available outside of Bristol if between 12-19 weeks pregnant. It is usually done as a day-case.

Surgical one (or two) stage abortion

- Available outside of Bristol if between 20-24 weeks pregnant. The length of stay is one (or two) days.

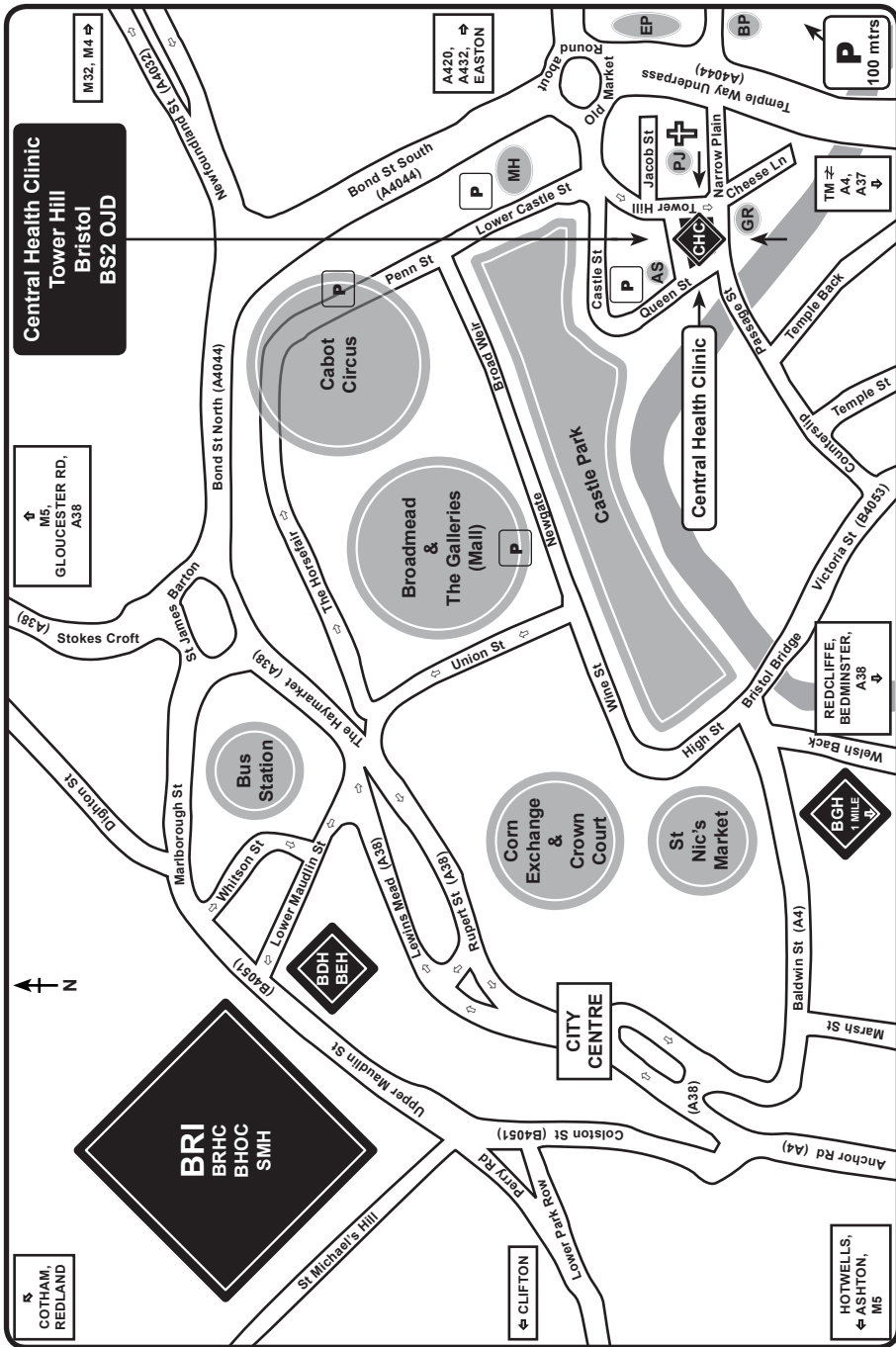
General information

- Following an abortion the fetal remains are treated with dignity and respect by the clinic/hospital. If you wish to know more or have specific wishes please discuss this with a member of staff.
- Staff working in the service have all chosen to work in abortion care. They will not judge you. They will treat you with respect.
- You are free to change your mind about abortion at any time before the procedure begins, and the staff will provide support if you do.

If you are having difficulty reaching a decision, it is often useful to talk it over with us. Staff at the Pregnancy Advisory Service hope to be able to help you resolve any conflicting emotions and reach the right decision for you. As well as talking with us, other sources of help are:

- **Your own doctor / GP**
- **Bristol Sexual Health Services**
Telephone: **0117 342 6900**
- **Avon Psychotherapy and Counseling Service**
Telephone: **0117 930 4447**. There is a small fee.
- **Brook Young Peoples' Clinic**
Telephone: **0117 929 0090**. For under 25's only.

Notes & Queries



Information

- **Central Health Clinic**
Tower Hill, Bristol, BS2 0JD
Tel: **0117 342 6886**

Buses stopping on the Centre:

- 4, 6, 7, 20, 21, 24, 25, 36, 40, 41, 43, X84

Buses stopping at Old Market (central islands):

- 4, 6, 7, 8, 9, 24, 36, 41, 43, X84
- Park & Ride buses stop on Temple Way behind/east of Pip & Jay Church.

Landmarks (next to)

- Pip & Jay Church (PJ)
- Ambulance station (AS)
- GWR FM building (GR)

(close by)

- Evening Post (EP)
- Marriott Hotel (MH)
- Broad Plain (BP)

Parking

- Short term meters around the clinic building and along Passage St.
- NCP car parks at the Marriott Hotel on Lower Castle St, Cabot Circus and The Galleries (Mall). Parking also at Broad Plain shopping area (100 meters via underpass).

One Way streets

- Tower Hill (north-south), Marybush Lane (west-east).

Hospital Switchboard: 0117 923 0000



Minicom: 0117 934 9869



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