

## **TERMINATION OF PREGNANCY**

Sexual Health D&G  
Nithbank  
Dumfries  
DG1 2SD

Telephone: 0345 702 3687

### **TELEPHONE HELPLINE:**

07736 955 219

Monday to Friday

between 1.00pm and 2.00pm

Email: [dg.sexual-health@nhs.scot](mailto:dg.sexual-health@nhs.scot)

FaceBook: Sexual Health D&G

Website: [www.sexualhealthdg.co.uk](http://www.sexualhealthdg.co.uk)

Direct Self Referral for Termination  
01387 241200

## **REFERRAL FOR TERMINATION**

A referral for termination of pregnancy can be arranged by the sexual health clinic, or you can self refer to Women's and Children's Dept on 01387 241260. If it is not possible to have a termination under the NHS or you wish to go privately, arrangements can be made through the British Pregnancy Advisory Service (BAPS) or Marie Stopes UK. Funding only available if referral via NHS.

## **WHAT ARE MY OPTIONS IF I AM UNDECIDED ABOUT TERMINATION?**

We will discuss the long-term implications of all the options available to you. Your options are –

- Continue with the pregnancy and keep the baby.
- Continue with the pregnancy and have the baby temporarily fostered or adopted.
- Consider having the pregnancy terminated.

It is important that you do not feel pressured by anyone else and that you think carefully about all the implications of the decision you make. It is also often helpful to discuss the options with your partner, a friend or your family. There are other services that can help - see 'Useful Contacts' section.

## **WHAT WILL HAPPEN WHEN I AM SEEN AT THE HOSPITAL?**

Your initial appointment will be either in The Women and Children's Dept DGRI or the out-patient department at Galloway Community Hospital. No treatment will be started at this visit. Your options will be discussed and you will have an ultrasound scan to assess the stage of pregnancy. This will determine which method of termination is appropriate.

## **WHAT ARE THE METHODS OF TERMINATION?**

There are 2 methods of terminating a pregnancy – 'medical' and 'surgical'. The most appropriate method will depend on what stage of pregnancy you are at.

## **MEDICAL TERMINATION LESS THAN 18 WEEKS OF PREGNANCY**

This is the most common method. It involves taking a tablet by mouth and placing a pessary in the vagina to cause the contents of the womb to be expelled, similar to having a miscarriage. This may involve more than 1 appointment.

**1st visit** - You will be given a tablet called mifepristone to swallow and you will be asked to stay for about an hour for observation before going home.

If you are not more than 10 weeks pregnant then you may be eligible to have an early medical discharge. This requires 1 visit to hospital. You will be given the misoprostol to administer at home and you will expel the pregnancy products at home. This is only suitable for some women.

**2nd visit** 24 – 48 hours after the first visit you will go to the ward and a pessary called misoprostol will be inserted into the vagina. This causes the womb to contract and the pregnancy to be expelled. Most women will be home the same day, but you may need to stay overnight.

## **SURGICAL TERMINATION LESS THAN 13 WEEKS OF PREGNANCY**

This involves a minor operation under general anaesthetic, which is usually done as a day case. Before the operation a pessary is placed in your vagina to soften the neck of the womb. Then, under general anaesthetic the doctor will remove the pregnancy tissue from your womb using a small suction tube. You are usually able to

go home later the same day but occasionally you may need to stay overnight.

If you are more than 18 weeks pregnant we cannot offer you a termination of pregnancy in Dumfries and Galloway, but we will contact the British Pregnancy Advisory Service (BPAS) on your behalf to arrange further care through them. If you decide to go ahead with a termination of pregnancy at this stage, you will need to travel to a BPAS centre in England for the procedure. Further information will come from them.

## **FOLLOW UP**

If you have a lot of pain and bleeding or are running a high temperature, it is important that you contact your GP or the hospital. It is recommended that you do a pregnancy test 3 weeks after your termination to confirm that you are no longer pregnant.

## **OTHER ISSUES**

### **CONTRACEPTION**

It is important that you make arrangements for reliable contraception after the termination. We can give you the contraceptive pill in the clinic which can be started the

day you leave hospital. The contraceptive injection and the implant can also be administered before you leave the hospital.

Alternatively an appointment can be made for an intra-uterine method at the Sexual Health Clinic after you are discharged from hospital. If you have an early medical discharge an intra-uterine method can be fitted at your 3 week follow up appt. Alternatively, follow up may be by telephone.

## **FUTURE FERTILITY**

Current evidence suggests that having a termination is not likely to affect your future fertility.

## **EMOTIONAL UPSET**

Having a termination can be a very upsetting experience and you may feel you need additional support to help with your emotions. You can either speak to your GP about this or return to the Sexual Health Clinic or see a counsellor. There is a list of useful contacts at the end of this leaflet including our local Frenz based in Dumfries.

## **CONFIDENTIALITY**

It is better if your own GP is informed of the situation but if you have strong feelings about this, speak to the doctor or nurse at the clinic or hospital and they will make sure that no contact is made. Parents and partners are not informed unless you so wish though it is difficult for those under 16 years of age if a parent does not know.

## **TERMINATION OF PREGNANCY – THE LAW**

The 1967 Abortion Act allows an abortion to be legally performed under certain conditions up to 24 weeks of pregnancy. Two doctors have to agree that the conditions are met. The law requires that both the referring doctor and the gynaecologist sign a form indicating the grounds for your case where at least one of the following 5 grounds must be met –

- your life is at greater risk if you continue with rather than terminate the pregnancy.
- your physical or mental health is at greater risk if you continue with rather than terminate the pregnancy.
- the physical or mental health of any existing children of yours are at greater risk if you continue rather than terminate the pregnancy.
- there is a risk of grave permanent injury to your physical or mental health

- there is a substantial risk that the child could suffer from serious physical or mental handicap

Termination of pregnancy is legally possible only up to 24 weeks. Terminations are carried out locally up until 18 weeks of pregnancy. However, 18 - 24 weeks NHS terminations are carried out through British Pregnancy Advisory Centres in England or can be arranged privately. Consultation may be offered in Glasgow but any procedure is carried out in England.

### **USEFUL CONTACTS**

NHS 24 - 111

Sexual Health Clinic - 0345 702 3687

### **Frendz Pregnancy Crisis Centre (Dumfries)**

Tel: 07961 865 720

24 Church Street, Dumfries, DG2 7AS

Email [frendzdumfries@gmail.co](mailto:frendzdumfries@gmail.co)

Website: [www.frendz.org.uk](http://www.frendz.org.uk)

### **British Pregnancy Advisory Service**

Advice Line – 03457 304030

E-mail – [info@bpas.org](mailto:info@bpas.org)

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

### **Marie Stopes International UK**

Advice Line – 08453008090

Website – [www.mariestopes.org.uk](http://www.mariestopes.org.uk)

# **British Association for counselling and psychotherapy**

Support Line – 01455 883300

E-mail – [bacp.co.uk](mailto:bacp.co.uk)

Website – [www.bacp.co.uk](http://www.bacp.co.uk)

TOP Video

<https://www.sexualhealthdg.co.uk/abortion.php>

**If you have any concerns or require more information please contact:**

Appointment line 0345 702 3687

Helpline 07736 955 219 (Mon–Fri 1pm to 2pm)

Email: [dg.sexual-health@nhs.scot](mailto:dg.sexual-health@nhs.scot)

Facebook message: Sexual Health D&G

[www.sexualhealthdg.co.uk](http://www.sexualhealthdg.co.uk)