



Information on termination of pregnancy (abortion)

A series of information leaflets on termination of pregnancy services in Greater Glasgow

Your first doctors appointment

The assessment clinic

Early medical termination

Surgical termination

Medical termination

First appointment

This information leaflet explains what will happen when you request a referral for a termination of pregnancy (abortion) through the NHS.

How do I go about getting a termination?

Many women choose to consult their family doctor (GP). Others may prefer one of the alternatives referred to in this leaflet.

The legal requirement in the UK is that two doctors must agree that going ahead with a termination would cause less harm to a woman's physical or mental health than continuing with the pregnancy. Most doctors will view the distress of continuing with an unwanted pregnancy as likely to be harmful.

It is possible that your GP may have chosen not to be involved in referrals for termination of pregnancy. In this case she or he must refer you to another GP or a doctor in another service who will be able to help you.

You may also choose not to consult your own GP or the doctor that confirmed your pregnancy, but go straight to another service.

Your alternatives in Greater Glasgow are:

- **The Sandyford Initiative (NHS)**
- **Your community family planning clinic (NHS)**
- **British Pregnancy Advisory Service (BPAS) (An independent provider)**

A description of these services, phone numbers and addresses are inside this leaflet.

What about thinking through my decision?

Women experience a range of feelings and worries thinking through the decision to have a termination of pregnancy. It is usual to have a mixture of different feelings at different times.

For some women the decision is clear, for others the decision is more difficult. Each woman is unique and her feelings and her decision are personal to her.

Someone to speak to about your feelings before, or after, having a termination can be arranged either through your GP practice or through the Sandyford Initiative.

Your doctor should also hold copies of the BPAS leaflet **Unplanned Pregnancy – Your Choices**. This leaflet can help you think about your options if you have not yet made a decision.

It is also important to understand the need to move quickly once you have made your decision. Early termination (less than 12 weeks) is nearly always a more straightforward and safer option than a termination later in pregnancy.

What happens during the first appointment?

The doctor should:

- Confirm your pregnancy and find out how many weeks pregnant you are (count forward from day one of your last period).
- Spend some time talking through the decision with you.
- Explain what a termination of pregnancy involves.
- Assess your general health and explain any risks.
- Decide your eligibility for a termination and arrange for you to see a second doctor to confirm this as soon as possible (this needs to happen by law). This will usually be at a hospital assessment clinic.

- Provide written information on services that are there to support you at this time either within the practice, or by other organisations. There is a description of other resources and services at the back of this leaflet.

What happens at the assessment clinic?

- It is important to know that the first hospital clinic appointment will only be to confirm your pregnancy, your eligibility for abortion and to inform you about the procedures and methods involved. Your doctor should have a separate information leaflet about this.
- A second appointment will then be made to proceed with the termination.

Support

The Sandyford Initiative
www.sandyford.org.uk
2-6 Sandyford Place
Glasgow G3 7NB

- **Family Planning and Reproductive Health**
Tel: 0141 211 8130

Based within the Sandyford Initiative Family Planning and Reproductive Health provide contraception, reproductive and sexual health

services. These include referral for termination of pregnancy, pre and post termination counselling and someone to talk to whether your termination was a recent event or a long time ago.

Services are also offered from a network of community clinics.

Please contact for details

- **Centre for Women's Health**
Tel: 0141 211 6700

As part of the Sandyford Initiative, the Centre provides information, support and counselling on all aspects of women's health.

British Pregnancy Advisory Service (BPAS)
www.bpas.org.uk
Sandyford initiative
2-6 Sandyford Place
Glasgow G3 7NB
Tel: 08457 30 40 30 (Action line)

BPAS is a registered charity operating on a non profit basis. It provides a confidential and non judgemental abortion care service up to 24 weeks of pregnancy. **BPAS is not part of the NHS so there is a charge for their services.** However in some cases BPAS will work with the NHS to provide care in the case of late terminations (over 16 weeks).

fpa Scotland (The Family Planning Association)
www.fpa.org.uk

Provides confidential advice and support on all aspects of sexual and reproductive health including termination of pregnancy.

Confidential helpline on 0141 576 5088

Monday to Thursday 9am - 5pm

Friday 9am - 4.30pm

Information

Your doctor should hold copies of other information leaflets including:

- **BPAS, Unplanned Pregnancy – Your Choices**

This leaflet can be used to think about your options if you have not yet made a decision.

- **Family Planning Association (fpa), Abortion –Your Questions Answered**

This leaflet provides general information about abortion. This includes information on your legal rights, and methods and procedures involved.

- **The TOP assessment clinic (GGNHSB)**

This leaflet tells you what happens at the first hospital clinic visit.

Notes and Contact Details

