

Unplanned Pregnancy

If you find that you are unexpectedly pregnant you can choose to

- continue with the pregnancy and raise the child
- continue with the pregnancy and consider adoption
- end the pregnancy by having an abortion

More information can be found at <https://www.sexwise.org.uk/unplanned-pregnancy>

You may wish to talk further before making a decision. It is important to get support from your partner, family or friends as this can be a stressful time. You are not alone in making this decision and The British Pregnancy Advisory Service (BPAS) www.bpas.org and Marie Stopes International (MSI) www.mariestopes.org.uk both provide impartial, evidence-based advice and counselling to access the care and support you need. Alternatively, you can book an appointment in one of our clinics to speak with a clinician.

If you wish to continue with your pregnancy

You can start your antenatal care either by self-referring to your local maternity service or via your GP

If you want to book an appointment to terminate your pregnancy

Abortion is a safe way of ending a pregnancy either through using medicines (drugs) or through a surgical procedure. In England, the law allows a woman to terminate a pregnancy up to 24 weeks; however, the earlier in your pregnancy this occurs, the safer it is. You can phone one of the numbers below to self-refer and do not need a letter from your GP

Residents of Barnet, Enfield, Haringey,
Camden & Islington:
Central Booking Service: **0333 999 9951**

Residents of Surrey:
Marie Stopes UK: **0345 300 8090**

After termination of pregnancy:

All abortion services offer post abortion counselling support, and most offer contraception after the abortion. If you would like to discuss your contraceptive options, please make an appointment with us via www.sexualhealth.cnwl.nhs.uk or any other contraceptive clinic as soon as possible. More information about contraception is available at www.sexwise.org.uk/contraception