

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

You may wish to talk further before making a decision. Support from your partner, family or friends can be helpful. You are not alone in making this decision and The British Pregnancy Advisory Service (BPAS) www.bpas.org, Marie Stopes International (MSI) www.mariestopes.org.uk and NUPAS <https://www.nupas.co.uk/> all 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.

Abortion is a safe way of ending a pregnancy either through using medicines (drugs) or through a surgical procedure. In England, the law allows abortion up to 24 weeks; however, the earlier in pregnancy this occurs, the safer it is.

If you want to book an appointment for an abortion:

You can phone one of the numbers below to self-refer or arrange an appointment via the websites listed and you do not need a letter from your GP.

BPAS: 03457 30 40 30 https://www.bpas.org/ MSI choices: 0345 300 8090 https://www.msichoices.org.uk/ NUPAS: 0333 004 6666 https://www.nupas.co.uk/
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After an abortion:

All abortion services offer contraception after the abortion and counselling support if needed. If you would like to discuss your contraceptive options with us, please make an appointment via www.sexualhealth.cnwl.nhs.uk or any other contraceptive clinic.

For more information on

- Unplanned pregnancy: <https://www.sexwise.org.uk/unplanned-pregnancy>
- Contraception: <https://www.sexwise.org.uk/contraception>