support

Your partner, friend or relative has come to BPAS because she is considering ending, or has decided to end, her pregnancy. In the UK, 1 in 3 women will have an abortion by the time they are 45. Every woman approaches this experience in her own way. For some, the decision is quite straightforward; for others this may not be the case.

Every year, thousands of women and couples face unplanned and possibly unwanted pregnancy. Most women are helped through this experience by someone they trust.

We know that providing reassurance and support to someone you care for can be difficult, particularly if you are both experiencing a situation which you may find stressful.

This leaflet will help you understand the consultation and treatment process; it answers the most frequently asked questions and concerns that partners have.

The final decision to end or continue the pregnancy is made by the woman herself. You may feel a little helpless and excluded during this process. You may feel more involved by asking your partner or loved one how she would like you to help and reassure her.

If you have any questions after reading this leaflet, please ask a member of staff.

For more information see www.bpas.org

www.bpas.org

BPAS - here if you need us

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“Thank you all so much for your care and support for our daughter. We could not have got through this without your kindness.”

Parent of BPAS client

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consultation

The consultation appointment lasts about an hour and a half and is made up of several parts. There are a variety of people to see and the person you are supporting can rejoin you in the waiting room in between each stage.

We first see your partner, friend or relative, alone to discuss her private thoughts and feelings concerning the pregnancy. We need to find out if she is sure of her decision or if she would like to talk about her pregnancy in more detail.

assessment

We undertake a medical assessment involving an ultrasound scan. If a decision has been made to end the pregnancy, treatment is discussed with a healthcare professional. Any possible treatment complications or side effects are fully explained. Finally an appointment for treatment is made, once the most appropriate method has been chosen.

We ask for your patience while we carry out the checks and medical tests needed to ensure the wellbeing of your loved one or friend.

More information is available in the booklet ‘My BPAS Guide’

We offer post-abortion counselling on 0800 2471122

www.bpas.org

www.bpas.org

BPAS 08457 30 40 30

www.bpas.org

treatment

There are a number of different methods of abortion, which depend on the stage of the pregnancy. Not every treatment is medically suitable for all women. Our treatments are very safe and straightforward, especially in the early weeks of pregnancy.

More details including videos about ‘what to expect on the day’ of treatment are available on www.bpas.org

after

It is normal to feel a little low after abortion treatment while the body adjusts to changing hormone levels. In the longer term, some women feel a sense of loss while others may feel relief, or a mixture of emotions.

Most women experience bleeding for several days after their treatment.

If unplanned pregnancy results from the failure of a usual method of contraception, this may result in anxiety about the risk of another unintended pregnancy.

To reduce the risk of infection, we advise against having sex for two weeks after the termination, but if vaginal penetration takes place a condom must be used to avoid infection.

For couples experiencing unplanned pregnancy and abortion this can be a difficult time, particularly if you and your partner do not agree about whether to continue the pregnancy or not. If you think you may benefit from further advice from other counselling organisations, ‘Relate’ can be contacted on 0300 100 1234 or www.relate.org.uk