I just wanted to say thank you. Your staff showed both kindness and professionalism and this definitely helped me get through the day...

bpas client

bpas provides balanced counselling for unplanned pregnancy and abortion treatment
For more information call
+44 1789 416 569 (Republic of Ireland) or
08457 30 40 30 (Northern Ireland)
unplanned pregnancy?
Unplanned pregnancy?

If you are pregnant and considering abortion it is important to know that you are not alone. Every year at bpas we help thousands of women in your position.

We understand that Irish women often experience more difficulty accessing abortion care, because of the travel and cost involved. Finding balanced abortion advice can sometimes be a problem too, so we set up bpas.ie to give you useful information about travel and prices for treatment and contraception.

If you are considering abortion - talk to us as soon as you can. For appointments and information call:

+44 1789 416 569 (Republic of Ireland)
Or 08457 30 40 30 (Northern Ireland)

We do all we can to support Irish women, offering special prices for the best possible standard of clinical care. We aim to keep consultation and treatment to one visit on a single day wherever possible for early pregnancy, and can link services together on consecutive days for later pregnancy.

We can also supply you with cost-effective and convenient contraception at the same time as treatment.

About bpas

bpas is a charity, which is not for profit. It works together with trusted Irish Agencies such as IFPA and NIFPA to provide safe, effective services to Irish women, as well as pressing for access to safe, legal services in Ireland.

bpas has well over 40 years of experience in providing help to women with unplanned pregnancy or a pregnancy they choose not to continue.

bpas has 52 centres all over the UK, many close to local airports. At every centre you will find our staff caring and experienced in providing specialist sensitive care to women of all ages.
Making a booking

We will ask you several questions when you call:
• about any medical conditions you may have
• your height and weight
• the date of your last menstrual period

Consultation

The consultation takes about an hour and a half, and during this time you may see several different people.

Pregnancy options

During consultation you will have time to talk about the pregnancy and your options, which are to:
• continue with the pregnancy and become a parent
• continue with the pregnancy and pursue adoption
• end the pregnancy

This discussion is as long or as short as you need it to be. If you decide to have an abortion we can proceed to the medical assessment. If you need more time to consider your options you can speak to a counsellor in more depth.

Medical assessment

During the medical assessment:
• we will ask you about your medical history
• give you an ultrasound scan, and
• your blood will be tested

It makes sense to be tested for Sexually Transmitted Infections while you are with us. We will discuss with you the tests that are available.
Emergency contraception (morning after pill - Levonelle®) is available for purchase in advance.

<table>
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<tr>
<th>Treatment</th>
<th>Gestation</th>
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<td>Under 12 weeks</td>
<td>✔</td>
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<tr>
<td>12 weeks and over</td>
<td>✔</td>
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<td>Under 9 weeks</td>
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<td>9 to 24 weeks</td>
<td>✔</td>
<td>✗</td>
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<tr>
<td>Is the cost included in the abortion treatment price?</td>
<td>✗</td>
<td>✗</td>
<td>✔</td>
<td>✗</td>
</tr>
</tbody>
</table>

Emergency contraception (morning after pill - Levonelle®) is available for purchase in advance.
Contraception

We will talk with you about your contraceptive needs during medical assessment - so it helps to consider your choices before this takes place. We understand that getting contraception may be difficult and expensive in Ireland. If you wish, you can obtain reasonably priced contraception from bpas at the same time as your treatment.

Fertility will resume almost immediately after the abortion, so contraception methods you may wish to consider include:

- **Long acting reversible** methods such as the IUD (coil), IUS (Mirena®), implant (Nexplanon®) and contraceptive injection (Depo Provera®) can all be fitted/given at the time of surgical abortion. The implant and contraceptive injection can be fitted/given at the time of medical abortion. The IUD and IUS can be fitted following any medical abortion once the pregnancy has been confirmed as having passed, but it may not be possible to schedule this in at the same time as your bpas treatment.

- **Hormonal** methods such as the vaginal ring, the contraceptive patch, the pill and mini pill can be made available immediately following all treatment options.

- **Surgical** methods - female sterilisation can be done at the same time as a surgical abortion procedure (up to 12 weeks of pregnancy, only at bpas Leamington Spa).

See bpas’ ‘my guide to contraception’ for more detailed information.

Treatment options

After your medical assessment we will talk to you about abortion treatment options.

The type of abortion procedure you can have depends on how many weeks pregnant you are, whether you would like to be awake or asleep and your personal choice. Some medical conditions may affect which treatment types we can offer you.

We will answer your questions and help you make your choice, then book your treatment appointment which may be undertaken or started on the same day as your consultation.
Treatment

Surgical methods are generally completed quicker, most needing only one visit. Up to around 12 weeks you can choose to have your surgical treatment while you are awake or asleep. After about 12 weeks all surgical methods are completed under general anaesthetic (asleep).

Often there is a misunderstanding that “the abortion pill” (Early Medical Abortion) involves just one visit to the clinic to take a pill. In reality all medical treatments require at least 2 clinic visits. However some women feel it is a more natural process.

Treatment types

<table>
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<tr>
<th>Weeks of Pregnancy</th>
<th>Abortion pill up to 9 weeks</th>
<th>The Abortion pill after 9 weeks</th>
<th>Vacuum aspiration awake</th>
<th>Vacuum aspiration asleep</th>
<th>Dilatation and evacuation</th>
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Medical

**Abortion pill up to 9 weeks of pregnancy (EMA)**
- medication is used to cause an early miscarriage (women will experience cramping, pain and heavy bleeding)
- at least 2 visits to the clinic are needed, which could possibly be in 1 day (6 hours) or up to 3 days apart - check with the call centre when booking
- no surgery or anaesthetic is needed
- we recommend that you do not travel until the pregnancy has passed, (90% of women will pass the pregnancy within 4 hours of the 2nd appointment, but the rest will take longer)

**Abortion pill between 9 and 24 weeks of pregnancy**
- medication causes the womb to contract and push out the pregnancy
- at least 2 visits to the clinic are needed
- an overnight stay at the clinic is sometimes needed at the 2nd appointment
Surgical

Surgical methods are a practical option for women needing to travel for treatment. Most treatments (up to 22 weeks) need only 1 visit to the clinic.

**Vacuum aspiration up to around 15 weeks of pregnancy**
- removes the pregnancy by gentle suction
- **up to 12 weeks** - can be done under local anaesthetic (awake) - The quicker recovery time for this procedure means women can leave the clinic unattended and can drive sooner
- **up to 15 weeks** - can be done under general anaesthetic (asleep)

**Dilatation and evacuation between 15 and 24 weeks of pregnancy**
- carried out under general anaesthetic (asleep)
- the pregnancy is removed using narrow forceps through the neck of the womb
- under 22 weeks, most treatments can be done in one day
- treatments of 22 weeks and over may need more than one visit or a local overnight stay

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**Important things to remember when you attend:**
- bring any letters or medical notes from family planning clinics, or doctors in connection with the pregnancy
- bring all medicines that you are currently taking
- try to come to the consultation with a comfortably full bladder to make scanning easier
- because we have limited waiting facilities, please bring only one person with you
- our clinics are not suitable for children; we are unable to cater for their needs or take responsibility for childcare
- if you have booked to receive treatment on your first visit to the clinic, please take note of the starving instructions given to you when you make your booking. Otherwise we may not be able to offer you the treatment of your choice, or may need to postpone and reschedule your treatment for another day

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