

BPAS Guide Cover Note for Clients in Prison Custody

Pregnant and considering an abortion at BPAS?

British Pregnancy Advisory Service (BPAS) is the UK's leading abortion care service. We can provide treatment up to 23 week and 6 days' gestation if you wish to end your pregnancy. We offer counselling if you are unsure what to do and would like to talk about all your options.

To arrange your telephone consultation appointment

Book to see your house-block nurse. Your nurse can arrange a telephone consultation appointment with BPAS. The nurse will ask prison administrator to email:

Custodial.Referrals@bpas.org on your behalf.

Appointments can be cancelled or rearranged by emailing Custodial.Referrals@bpas.org

My BPAS guide

Your nurse will give you a copy of My BPAS Guide (you will be given one at the clinic if your nurse does not have one). This booklet explains what to expect during consultation, medical assessment, and treatment at BPAS. Keep it afterwards for advice about your recovery.

Your BPAS appointments

All BPAS clients need a consultation and medical assessment to make sure that it is legal, and safe to provide treatment. Your consultation and medical assessment will probably take place during a telephone appointment (or may happen at a clinic on the same day as your treatment). If you need to attend a clinic, we will gather as much information as we can before you attend.

During your consultation, the nurse will discuss:

- if you are sure of your decision to terminate
- why you wish to end your pregnancy
- your medical history, weight and height
- your medicines and recreational drug use
- contraception

On the day of treatment you will attend the clinic with a prison officer.

Before we begin your treatment, we talk about what was said during your telephone appointment and you can ask questions. You might need some medical checks that are not possible over the phone, such as an ultrasound scan (to date the pregnancy) or some blood tests

Consent

Abortion is very safe, but there are some risks; the nurse will talk about these before your treatment. The risks and complications of each treatment are given in your copy of My BPAS Guide.

Treatment

We explain your treatment options during your consultation. The type of treatment you can have depends on how many weeks pregnant you are and the results of your medical assessment.

Privacy

Your BPAS telephone appointment takes place in the house-block nurse's office and is recorded by the prison. BPAS keeps everything you tell us confidential (see My BPAS Guide) unless there is a safety concern. When you attend the BPAS clinic on the day of treatment, we will ask to see you on your own (without the prison officer). This is to check that you are sure of your decision to have an abortion, and for you to sign the consent form to allow us to treat you.

Aftercare

We recommend that you tell prison healthcare staff that you have had an abortion if they are not already aware. Please keep your copy of My BPAS Guide because it has important information about what's normal and not normal after an abortion, and when you should seek advice. Book an appointment with the triage nurse or healthcare professional if you have any concerns following treatment. They can ring BPAS Aftercare Helpline on 000333 68 28 (+441789 508 210) for further advice or see <https://www.bpas.org/abortion-care/abortion-aftercare/> for detailed aftercare information.

Counselling

If you would like to speak to a counsellor about any difficult feelings you are having after the abortion, these services are available free of charge by phoning us at 03457 30 40 30

Contraception after treatment

You will get the opportunity to discuss contraception during your consultation. We always try to provide contraception before someone is discharged from the clinic. However depending on the treatment you have and other factors it is not always possible to give you exactly the method you want before we discharge you. If you were unable to get the contraceptive method you desired at BPAS, speak with your house-block nurse to discuss your contraception, or get your preferred contraceptive method.

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