

HELP AND ADVICE

Your guide to an unplanned pregnancy



T: 0333 004 6666 T: (01) 874 0097 (Eire)

www.nupas.co.uk

PREGNANCY SYMPTOMS

If you think you might be pregnant you may experience some of the following:

- Late or missed period
- Nausea and sickness
- Swelling or tender breasts
- Mood swings
- Needing to pass urine more frequently

If you are experiencing any of these symptoms and you are worried you might be pregnant, the best thing to do is to take a pregnancy test.

If the test is positive and you would like information about an abortion, then we are here to help.

Our website offers a FREE call back request service and a web enquiry service to answer any questions you may have.

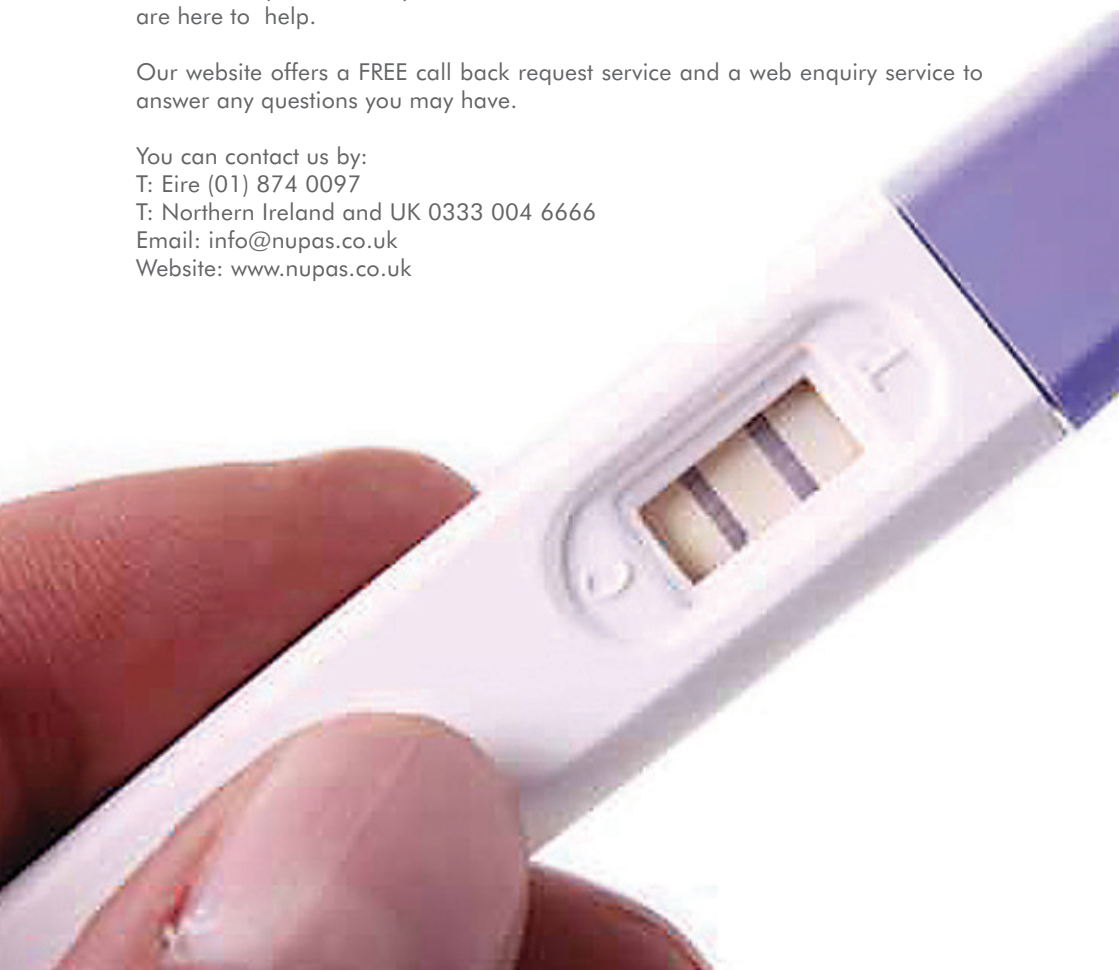
You can contact us by:

T: Eire (01) 874 0097

T: Northern Ireland and UK 0333 004 6666

Email: info@nupas.co.uk

Website: www.nupas.co.uk



HAVING AN ABORTION

If you have made the decision to have an abortion, remember you are not alone.

If you find yourself with an unplanned pregnancy and have decided that an abortion is the right choice for you, please take time to read this leaflet and learn about the different options that are available to you.

We have provided our services and care to women for over 40 years and fully support the Abortion Act 1967 and the right for a woman to limit her family.

This leaflet offers you information about abortion treatments and advises you on what will happen during your visit to us for treatment. The information is based on the 2011 guidelines offered by the Royal College of Obstetricians & Gynaecologists (RCOG).

ABORTION LAW

Under the Abortion Act 1967, abortions are legal in England, Scotland and Wales up to the 24th week (23 weeks and 6 days) of pregnancy. Abortions can only be carried out after the 24th week in exceptional circumstances eg. the woman's life is at risk or there are fetal abnormalities.

The law states that two doctor must agree that having an abortion would cause less harm to your mental and physical health than continuing with the pregnancy. The two agreed doctors must then sign a legal document called an HSA1 form.

It is illegal to provide abortion treatment based on the gender of the fetus (unborn child).

Abortions must only be carried out in a hospital or a specialised licensed clinic.

WHAT IS AN ABORTION?

An abortion is a procedure that ends an unwanted pregnancy; it is also known as a “termination”.

An unplanned pregnancy can be a very confusing, stressful and upsetting time. We understand this and promise to provide you with our care and support to help you through this time.

TYPES OF TREATMENTS

There are 3 options when considering which abortion is most suitable for you. The type of abortion that is available to you will also depend on how many weeks pregnant you are (this is called gestation). These will be discussed with you during your consultation.

Types of abortion	Gestation
Early Medical Abortion – ‘the abortion pill’	Available up to 9 weeks
Surgical abortion under local anaesthetic	Available up to 10 weeks (or 9+6)
Surgical abortion under general anaesthetic	Available up to 18 weeks

NUPAS: SOUTH MANCHESTER PRIVATE CLINIC

At NUPAS: South Manchester Private Clinic we understand how difficult it can be to make a decision regarding an abortion, especially if you are travelling from overseas. Our services are tailored to meet the needs of overseas visitors, which enables you to travel to our clinic and return home the same day.

ABOUT THE CLINIC

NUPAS: South Manchester Private Clinic is situated in Hazel Grove, a quiet suburb of Stockport, three miles from Stockport town centre.

Our supportive and caring environment is coordinated by highly skilled and certified nurses who are on-call for medical advice 24 hours a day, 365 days a year.

We have a qualified team of experienced doctors, surgeons and anaesthetists who offer advice and carry out treatments to the highest standards.

Information and advice is provided by experienced and impartial advisors to ensure you receive as much information and support as you need.

Included in our overseas package, we will arrange for you to be picked up from the airport and will arrange for you to be taken back to at the airport for your return flight.

We want to make this process as simple as we can and ensure that your stay with us is as comfortable and stress free as we can make it.

The NUPAS: South Manchester Private Clinic is registered with The Department of Health and Regulated by The Care Quality Commission.

MAKING YOUR APPOINTMENT

STEP 1

Once you have made your decision to have an abortion you will need to make arrangements to attend our clinic. You can:

Call:

- Eire (01) 874 0097
- Overseas and UK 0333 004 6666

Email: info@nupas.co.uk

You will be able to speak to an advisor from 8am-10pm 7 days a week or email info@nupas.co.uk with your details and an advisor will call you back.

STEP 2

When you contact us, you will be asked a series of questions by an advisor to ensure you are suitable for treatment. It is important that you answer these questions as accurately as you can. These questions will include the first day of your last period, your height, weight and a few other medical history questions.

The advisor will also explain the different procedures that are on offer to you. Once you have decided on your chosen treatment, the advisor will book you an appointment to attend the clinic.

STEP 3

You will be asked to book your flight to Manchester International Airport. You will be advised at what time you need to book your flights in accordance with your appointment at the clinic.

If you are unable to fly, there are ferries available to Holyhead. You will be able to get one of the many frequent trains from Holyhead to Manchester Airport.

STEP 4

The clinic will make arrangements for a taxi to collect you from Manchester Airport and return you once you have been discharged. When you arrive at the airport on the day of your appointment we ask that you telephone the clinic to tell us that you have arrived and which terminal you are at. You may want to bring with you some change in sterling, for a payphone in case your mobile phone does not work in the UK. We will then ask you to wait at the information desk and your driver will come and find you.

The taxi service we provide is part of our overseas package and is included in the cost of your treatment.



*Please note we also have clinics in the London region, however the courtesy taxi is not extended to this area. The clinics can be easily located by various methods of public transport which are available. Please visit our website www.nupas.co.uk to find out how to get to our London clinics.

OTHER CLINICS

Not all clinics will offer the help and advice you need. Some clinics in Ireland will pretend they can offer you a service so that you make an appointment with them, then they will try and persuade you to not have an abortion. These clinics are known as 'rogue agencies' and are run by anti-abortionists. If you do find yourself in one of their clinics, do not feel threatened by them, simply leave immediately and ensure you do not give them any personal information.

ATTENDING THE CLINIC

When you arrive at the clinic you will book in at reception. You will be given a coloured number which we will use to call you by (this is for confidentiality reasons as we do not call people's names out in the waiting areas) and asked to take a seat in the waiting area before a member of staff will come and collect you. You will be taken in to a private room and your personal details will be confirmed.

THE CONSULTATION

You will have received most of your consultation over the telephone when you made your booking. You will complete the rest of your consultation at the clinic with a doctor or a nurse where he or she will explain all your treatment options and answer any questions you may have about the abortion.

The doctor or the nurse will ask you for your medical history. It is very important that you answer their questions honestly and give as much information about any medical conditions you may have or medications that you take. This is to ensure your safety and suitability for treatment.

The doctor or nurse will also record or perform the following tests:

- Ultrasound scan to determine how many weeks pregnant you are (length of gestation)
- Height
- Weight
- Body mass index (BMI)
- Blood pressure
- Blood test (finger prick tests to check for Anaemia and Rhesus Factor)

During your consultation the nurse and doctor will discuss contraception and advise you on what forms of contraception are available. It is important to consider what type of contraception you are going to use as even though you are having an abortion your fertility should not be affected. You will be encouraged to leave with some form of contraception following your treatment. See page 21 for charges as contraception is not included in the cost of the treatment.

CONFIDENTIALITY

Any contact you have with us or any treatment you receive is completely confidential. Even if you are under 16 years old; we will not tell anyone unless we have your permission to do so. We will only share your details with other health professionals or organisations if we believe that you are at serious risk of harm. We will always try and tell you if we think we need to do this.

COUNSELLING

Having an abortion is an important event in your life. All women will cope with this event in a different way. Some women will feel confident with their decision to end the pregnancy while others may struggle to come to terms with having an abortion.

If you feel that you would like to talk to someone about your decision and the feelings and emotions you are experiencing, inform a member of staff and we can arrange for you to have counselling.



EARLY MEDICAL ABORTION (THE ABORTION PILL)

The early medical abortion is more commonly known as the 'Abortion Pill'.

This method of abortion is available to women who are up to 9 weeks pregnant

THE TREATMENT

This treatment involves taking two different drugs on two separate visits to the clinic. We recommend you stay in the UK for 2 nights.

FIRST VISIT

During your consultation with the nurse you will receive an explanation about the early medical abortion treatment. The nurse will check your medical history to ensure you are medically suitable for this treatment. In some cases you may not be suitable to have an early medical abortion due to an existing medical condition.

The first tablet is called Mifepristone and this is taken orally (swallowed with water). Mifepristone works by blocking the hormone progesterone. This hormone is needed to continue with the pregnancy. Blocking the hormone stops the pregnancy and causes the lining of the uterus to break down, similar to what happens during your monthly period.

You will be able to leave the clinic as soon as you have taken the first tablet (part one) and have been discharged. We will then book you an appointment for your second visit.

Women may experience some common side effects such as:

- Nausea and vomiting*
- Fever
- Feeling faint or dizzy
- Skin rashes
- Headache

* If you vomit within 2 hours of taking the Mifepristone you must contact the clinic immediately as you will need to take the medication again

You might begin to bleed after taking part one of the abortion pill treatment. This does not always occur. If you do begin to bleed please ensure that you use sanitary towels only. Do not use tampons as this can increase your risk of infection.

If bleeding commences after part one of the treatment you must still attend your appointment for part two of the treatment.

SECOND VISIT

It is very important that you keep your appointment for your second visit. If for any reason, you cannot make the appointment you must contact the clinic to rearrange another time.

At your second appointment you will have the chance to discuss any side effects that you may have experienced or ask any further questions about the treatment.

For part two of the treatment tablets are inserted into your vagina by a nurse. This medication is called Misoprostol and it causes the uterus (womb) to contract and expel the pregnancy from your body.

You will experience pain, cramping and bleeding similar to a heavy period. This is how the pregnancy is removed. Pain relief will be given before you leave the clinic.

You may experience some common side effects from the medications such as:

- Nausea and vomiting
- Headache
- Hot flushes
- Diarrhoea
- Fever

The abortion will usually take place between 2 – 12 hours after receiving the second part of the treatment. You should expect to bleed and pass blood clots. You may continue to bleed, on and off, for up to 2 weeks. If bleeding does not occur after 24 hours from receiving part 2 of the treatment then you should phone the Aftercare Line and speak to a nurse.

DISCHARGE FROM THE CLINIC

Before leaving the clinic your aftercare arrangements will be discussed and you will be given information and advice, you will also be given an Aftercare pack that contains:

- Antibiotics – these are to reduce your risk of infection. Please ensure that you read the instructions and complete the course
- Aftercare leaflet
- Contraception leaflet
- Condoms

If you feel well enough, have been assessed and the nursing staff are happy for you to leave the clinic, you will be discharged. The reception staff will organise a taxi to collect you from the clinic and return you to the airport or hotel if you are staying overnight.

We ask that you complete a pregnancy test 4 weeks after your abortion to make sure the abortion has been successful.

If you are still experiencing pregnancy symptoms, please contact the clinic immediately.

THE BENEFITS OF HAVING AN EARLY MEDICAL ABORTION ARE:

- Non-invasive treatment and no need for anaesthetic
- High safety levels
- Treatment can (often) be accessed more locally than travelling to a surgical clinic
- You can eat and drink before the treatment
- You can be at home whilst the pregnancy is passed

POSSIBLE RISKS

All abortions have some risks and these will be discussed at your consultation.

INCOMPLETE ABORTION

If you have an incomplete abortion, you have a higher risk of developing an infection. A surgical procedure would be needed to remove any remaining tissue associated with the pregnancy.

FAILURE TO STOP THE PREGNANCY

In a small number of cases (1 to 3 per 100 cases) the treatment may be unsuccessful and you could remain pregnant. It is important to follow all aftercare guidelines including repeating a pregnancy test in 4 weeks and attend your follow up appointment after your abortion. If the treatment has failed then you will need to have a surgical abortion to remove the pregnancy.

INFECTION

There is a risk of infection so please be aware of the following symptoms:

- High temperature and/or fever
- Excessive bleeding (if you are soaking 2 sanitary pads in less than one hour for more than a two hour period)
- Abdominal tenderness / prolonged pain
- Abnormal vaginal discharge

If you experience some or all of these symptoms you should contact the Aftercare Line immediately and speak to a nurse as you may have an infection or have developed a complication.

POST ABORTION COUNSELLING

If you feel that you need further support after your treatment you can either contact us at the clinic or you can contact the IFPA, FPA, The Well Women Centre, Here 2 Help or Femplus for free post abortion counselling. Details for these organisations can be found on the back of this booklet under the Useful Contacts section.

SURGICAL ABORTION

Surgical abortions are minor operations and are performed as a day-case procedure; they do not require you to stay overnight.

SURGICAL ABORTION WITH LOCAL ANAESTHETIC MANUAL VACUUM ASPIRATION

This procedure is recommended for women who are up to 10 weeks pregnant.

During this procedure you will receive local anaesthetic and remain awake throughout the abortion. A nurse will be by your side throughout the procedure for your support.

The procedure is very quick; usually taking 10 – 15 minutes. Local anaesthetic is injected around the entrance to the womb to numb the area. The surgeon uses a syringe and gentle suction to remove the pregnancy. Some discomfort may be felt, from light period-type pain to heavy cramping pains. You will be given painkillers to ease any discomfort.

If you are worried about any discomfort then you may request gas and air whilst having the abortion. This will make you feel relaxed and drowsy and help with pain relief.

Please note if you have gas and air, you will not be able to drive

DISCHARGE FROM THE CLINIC

Recovery is quick and you can usually leave the clinic after resting for about half an hour. Before leaving the clinic your aftercare arrangements will be discussed and you will be given information and advice, you will also be given an Aftercare pack that contains:

- Antibiotics – these are to reduce your risk of infection. Please ensure that you read the instructions and complete the course
- Aftercare leaflet
- Contraception leaflet
- Condoms

If you feel well enough, have been assessed and the nursing staff are happy for you to leave the clinic, you will be discharged. The reception staff will organise a taxi to collect you from the clinic and return you to the airport or hotel if you are staying overnight.

We will ask you to complete a pregnancy test 3 weeks after your abortion to make sure the abortion has been successful.

If you are still experiencing pregnancy symptoms, please contact the clinic immediately.

BENEFITS

- Quick procedure
- High safety record and success rate
- You can eat and drink before the treatment
- You can drive a car following your treatment

RISKS OF SURGICAL ABORTIONS INCLUDE:

- Damage to the womb (4 in 1000 cases)
- Damage to the cervix (10 in 1000 cases)
- Haemorrhage (1 in 1000 cases)
- Infection
- Retained products of pregnancy



SURGICAL ABORTION WITH GENERAL ANAESTHETIC

Suitable for women who are between 5-18 weeks pregnant

This procedure is performed under general anaesthetic which means you will be asleep during the treatment.

At the surgeon's discretion and depending on how many weeks pregnant you are, Misoprostol tablets are either taken by mouth or placed into the vagina 1-4 hours before the procedure. The drug acts to soften the neck of the womb, which enables the pregnancy to be removed with either gentle suction or forceps and gentle suction.

DISCHARGE FROM THE CLINIC

Before leaving the clinic your aftercare arrangements will be discussed and you will be given information and advice, you will also be given an aftercare pack that contains:

- Antibiotics – these are to reduce your risk of infection. Please ensure that you read the instructions and complete the course
- Aftercare leaflet
- Contraception leaflet
- Condoms

You must not drive or operate machinery for 24 hours after a general anaesthetic.

Following an abortion performed under a general anaesthetic, we ask that you have someone available to care for you for 24 hours following your treatment.

This procedure is safe, however you may experience some discomfort. You will be able to travel home by plane the same day and we recommend you have someone with you to escort you.

POST PROCEDURE CHECK

We advise you to carry out a pregnancy test 3 weeks after your procedure to make sure the abortion has been a success. You are advised to have a check-up in 3 weeks time. The check-up can be at the clinic, at your local contraception and sexual health clinic or with your doctor.

BENEFITS

- Quick procedure - up to half an hour
- Low levels of discomfort for most women
- High safety record and success rate

RISKS OF SURGICAL ABORTIONS INCLUDE:

- Damage to the womb (4 in 1000 cases)
- Damage to the cervix (10 in 1000 cases)
- Haemorrhage (1 in 1000 cases)
- Infection
- Retained products of pregnancy

POST ABORTION COUNSELLING

If you feel that you need further support after your treatment you can either contact us at the clinic or you can contact the IFPA, FPA, The Well Women Centre, Here 2 Help or Femplus for free post abortion counselling. Details for these organisations can be found on the back of this booklet under the Useful Contacts section.



FREQUENTLY ASKED QUESTIONS

IS AN ABORTION PAINFUL?

Whatever kind of abortion you have, there will be some discomfort or period-like pain. Painkillers will be provided if you need them.

ARE THERE RISKS WHEN HAVING AN ABORTION?

All medical and surgical procedures have risks, but for most women an abortion is a safe procedure. The earlier you identify the pregnancy and have an abortion, the safer the procedure is. You will be informed about any risks and complications by the doctor or nurse during your consultation. If you have any concerns, please discuss these with them.

PHYSICAL ACTIVITY

You should plan to rest and take it easy for 24 - 48 hours following your abortion. You should also avoid swimming for 3 weeks as this may increase the risk of infection.

WHAT IF I'M BREASTFEEDING?

If you are breastfeeding, please inform the doctor or nurse before starting your treatment as special precautions need to be taken.

SEXUAL HEALTH

If you have not already been tested for a sexually transmitted infection now is a good time. You should also speak to your partner about getting tested and staying sexually healthy.

WHAT IF I CHANGE MY MIND?

If you feel unsure regarding your decision, please don't worry. You can change your mind right up to the point before treatment begins. If for any reason, you feel that you need more time in which to reach your decision, please tell us. If you feel that you would benefit from speaking to a trained counsellor we can arrange this for you.

WILL HAVING AN ABORTION STOP ME GETTING PREGNANT IN THE FUTURE?

Having an abortion should not affect your ability to get pregnant. In fact, your fertility can return to normal immediately; so it is very important that you use contraception to prevent becoming pregnant again.

HOW MUCH DOES AN ABORTION COST?

If you live in England or Wales most abortions are fully funded by the NHS. Please give us a call with your location and GP's details to find out if you are eligible for funding. If you live outside England and Wales then you would need to pay for the treatment. Please refer to our website for up-to-date prices www.nupas.co.uk.

CAN I BRING SOMEONE WITH ME ON THE DAY?

Of course; you may find having the support of a loved one or friend will help you through the day. Whilst you have your procedure, they will be directed to the waiting room where they can watch TV. If you are under 16 years and you wish to be accompanied throughout your treatment, please let a member of our team know.

I HAVE YOUNG CHILDREN; CAN I BRING THEM WITH ME?

Unfortunately we do not allow children at the clinics so you must arrange childcare for the day of your appointment. Failure to do so may mean we have to rebook your appointment or treatment.

WILL MY TREATMENT BE KEPT CONFIDENTIAL?

All consultations and treatments are completely confidential. However, if we feel that you are at risk of abuse or harm, then we are obliged to inform a local safeguarding team. This is for your protection. We will not disclose your details to anyone unless we have your permission to do so. We will respect your privacy and dignity at all times.

I DON'T SPEAK ENGLISH

If you do not speak English we will organise for a specifically trained, independent interpreter to support you during your time at the clinic. We apologise but we do not allow partners, relatives or friends to provide interpretation.

THINGS TO REMEMBER

It is important to follow these instructions before you arrive at the clinic; failure to do so might mean that your treatment is delayed or, in some cases, cancelled.

FOR ALL CONSULTATIONS, EARLY MEDICAL ABORTIONS AND SURGICAL ABORTIONS UNDER LOCAL ANAESTHETIC YOU SHOULD FOLLOW THESE INSTRUCTIONS:

- Wear loose fitting, comfortable clothing
- Bring a list of any prescribed medications or inhalers
- If you are on prescribed medications you should continue to take these as normal
- If you are prescribed the following medications please contact us: Aspirin, Warfarin or Clopidogrel (Plavix)
- You will need to bring a supply of sanitary towels (not tampons)

FOR SURGICAL ABORTIONS UNDER GENERAL ANAESTHETIC PLEASE ALSO FOLLOW THESE ADDITIONAL INSTRUCTIONS:

- Do not eat or drink from midnight the night before your surgical abortion with a general anaesthetic
- You must not drive for 24 hours following general anaesthetic
- Make sure you have someone to care for you for 24 hours after your treatment
- Bring a dressing gown and some slippers with you
- Bring a supply of sanitary towels (not tampons)
- Please remove all facial and body piercings, make-up and nail varnish
- Please remove contact lenses before your procedure
- If you are ill within 48 hours prior to your surgical procedure please contact the clinic as we may need to rebook the procedure

PRICE LIST

Once you have completed your medical assessment, a member of staff will come and collect your treatment fee. The costs of treatments are listed below.

Consultation & Treatment	Sterling	Euro
up to 8 weeks & 6 days	£280	320
up to 13 weeks & 6 days	£330	380
17 weeks & 6 days	£490	570

CONTRACEPTION

We offer a wide range of contraception. This will be discussed during your medical assessment. We highly recommend you consider some form of contraception for the future and have listed the costs below:

Types of Contraception	Sterling	Euro
Oral Contraceptive Pill	FREE	FREE
IUD Coil T380	£70	85
Mirena Coil	£125	150
Sub-dermal Implant	£140	170
Depo Provera (contraceptive injection)	£35	40

We can take payment by credit / debit card or cash (Euro or Sterling).



COMPLAINTS

We are committed to providing high standards of care to all our clients.

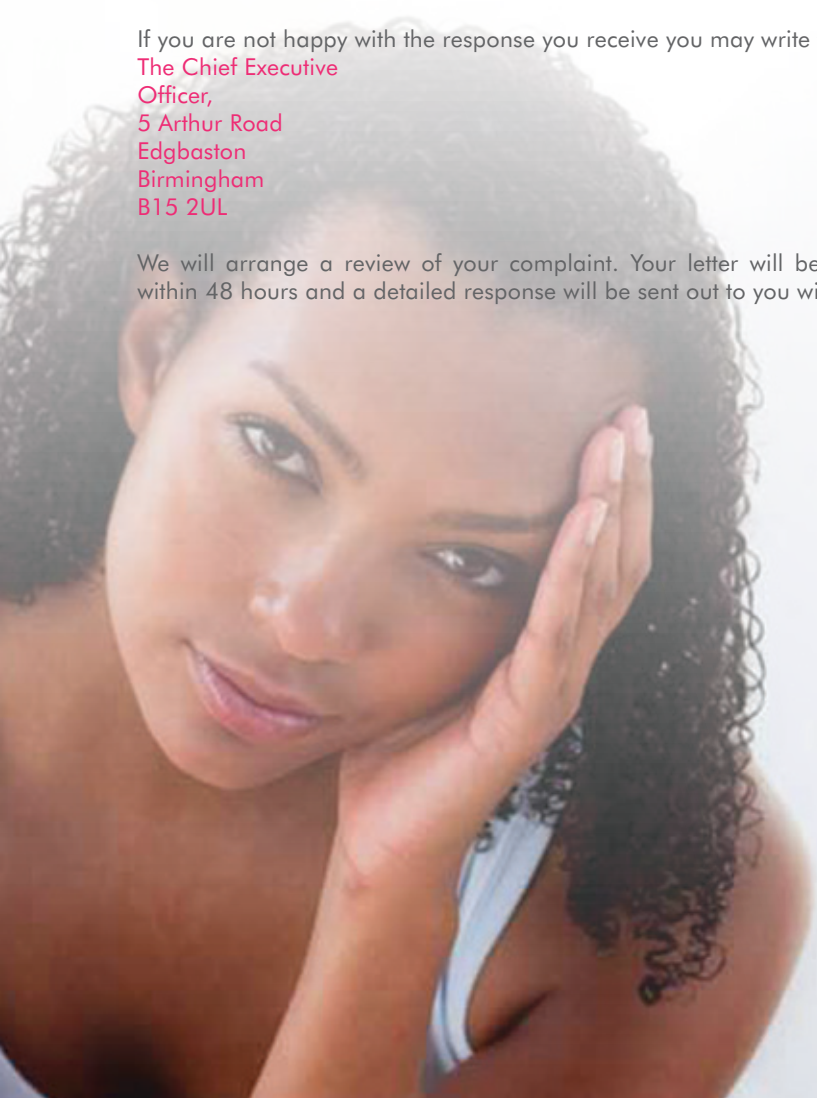
If you feel disappointed with any aspect of the service, please ask to see the Duty Manager.

If your complaint is of a serious nature, we request you put it in writing to the Registered Clinic Manager. Your complaint will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.

If you are not happy with the response you receive you may write to:

The Chief Executive
Officer,
5 Arthur Road
Edgbaston
Birmingham
B15 2UL

We will arrange a review of your complaint. Your letter will be acknowledged within 48 hours and a detailed response will be sent out to you within 20 days.



USEFUL CONTACTS

IRISH FAMILY PLANNING ASSOCIATION:

Reproductive Health & Rights
T: 1 850 49 50 51 www.ifpa.ie

FAMILY PLANNING ASSOCIATION:

Sexual Health Help and Advice
www.fpa.org.uk
 Northern Ireland
T: 0845 122 8687

THE WELL WOMAN CENTRE:

Helping you to deal with crisis pregnancy
www.wellwomancentre.ie
T: Dublin (01)872 8051

RAPE CRISIS CENTRE:

Preventing and Healing the Trauma of Rape and Sexual Abuse
www.drcc.ie
T: Dublin 1 800 77 88 88

HERE 2 HELP:

Crisis Pregnancy
www.here2help.ie

FEMPLUS:

Complete Women's Care
T: 01 821 0999
www.femplus.ie

HERE ARE A LIST OF USEFUL AIRLINE WEBSITES:

www.ryanair.com
www.aerlingus.com
www.flybmi.com
www.flybe.com
www.aerarann.com

FOR CLIENTS THAT PREFER TO STAY OVERNIGHT PLEASE SEE A LIST OF HOTELS NEAR TO THE CLINIC:

PREMIER INN BAMFORD ARMS

73 Buxton Road, Heaviley,
 Stockport, Cheshire SK2 6NB
T: +44 161 480 2968
www.premierinn.com

TRAVELODGE MANCHESTER

Ancoats Hotel
 22 Great Ancoats Street
 Ancoats, Manchester M4 5AZ
T: +44 871 984 6282
www.travelodge.co.uk

ALMA LODGE HOTEL

Buxton Road, Stockport SK2 6EL
T: +44 161 483 4431
www.almalodgehotel.com

Informing...

to enable choice

Advocating...

to ensure rights

Enabling...

to increase skills

Supporting...

with compassion and care

T: 0333 004 6666 F: 0845 659 0666 E: info@nupas.co.uk

NATIONAL TREATMENT CLINICS

SEE OUR WEBSITE
www.nupas.co.uk