

SO YOU THINK YOU MIGHT BE PREGNANT ?

A guide to an unplanned pregnancy for young women



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

www.nupas.co.uk

You've had unprotected sex? Your contraception has failed? Your period is late?...

Could you still have emergency contraception?

If you've had unprotected sex within the last five days you may need emergency contraception to prevent pregnancy. The sooner you take emergency contraception, the more options you have:

- Emergency contraception ("morning-after") pill – there are two types:
 - Levonelle can be taken up to 72 hours (3 days) after unprotected sex
 - EllaOne can be taken up to five days after unprotected sex
- IUD (coil) can be inserted:
 - Up to day 19 of a 28 day cycle
 - Up to 5 days after unprotected sex

You can get emergency contraception for **FREE** from NUPAS, your GP, a contraception and sexual health clinic, specialist clinics like Brook, NHS walk-in centres and most pharmacies. If you are over 16 you may have to pay at some pharmacies.

Could you be pregnant?

Yes, but find out for sure..... Don't ignore it and hope it will go away. Do a pregnancy test.

You can get a free pregnancy test at:

- Sexual health and contraception clinics
- Young people's clinics like Brook
- Genito-urinary medicine (GUM) clinics
- Your GP or nurse
- School nurse
- Some pharmacies
- Your local NUPAS clinic

You can also buy a home pregnancy testing kit from most supermarkets and pharmacies. If you do it yourself, follow the instructions closely so you get an accurate result.

Symptoms of pregnancy

- Missed periods
- Tender or swollen breasts
- Feeling or being sick (*any time of the day*)
- Altered sense of taste or smell
- Tiredness
- Needing to urinate (wee) more often

REMEMBER...

The quicker you find out the result, the more options you will have to decide what you want to do.

If the test is negative

This gives you the opportunity to decide what contraception you are going to use from now on. If you don't want to be pregnant it is important to consider using a reliable method of contraception.

You can talk to your GP, a school nurse, a sexual health and contraception clinic, a GUM clinic, a specialised service like Brook or NUPAS about what options you have and which contraception would suit you best. Information on all contraception methods can also be found on our website www.nupas.co.uk

Remember, **only** condoms protect you from sexually transmitted infections (STIs)..... consider using them with another method of contraception so that you are protected against pregnancy **and** STIs.

If you are under 25 you can register with your local c-card programme – see www.condomcard.org for more information.

If the test is positive

If your pregnancy is unplanned, discovering you are pregnant can be a very scary and confusing time, try and talk about this with your partner. If this is not possible try and get support from a parent, relative, or an adult you trust. If you do not have someone to talk to you can call us on **0333 004 6666** or visit your GP, nurse, local sexual health and contraception service or a specialist service like Brook.

It is important to discuss all your options and to have an understanding of what each option will mean to you. Only you can decide what to do and you must not feel forced into any decision.... Whatever the decision it must be the right decision for **YOU** and your circumstances.

The choices you have are:

- Continue with the pregnancy and keep the baby
- Continue with the pregnancy and consider adoption or foster care
- Have an abortion

Continuing with the pregnancy

If you choose to continue with the pregnancy you must contact your GP or nurse; they will confirm your pregnancy and arrange an appointment with your local midwife. The midwife will look after your antenatal care during your pregnancy. It is very important to receive antenatal care so you must inform your GP/nurse as soon as you are sure of your decision to continue with the pregnancy. During your pregnancy you will have regular check-ups, pregnancy scans and tests; you will also be invited to attend antenatal classes which give you information and support on the pregnancy, birth and becoming a parent. To find out more about local services see **NHS Direct** at www.nhs.gov

Adoption or Foster Care

If you choose to continue with the pregnancy but do not feel you could raise a child, then you could consider putting the child up for adoption or fostering.

Adoption means that you are agreeing to allow someone else to become the child's legal parents. An adoption order is final and cannot be undone. It ends your legal relationship with the child. During your pregnancy you will need to have antenatal care, so it is very important that you inform your GP or nurse. They will be able to provide you with information and advice about your local adoption and fostering process.

There are different types of **fostering**, from short-term (just a few days or weeks) to long term placements. You may want a relative to become the child's legal guardian or foster carer. Contact your local Social Services Department to discuss your options.

For more information contact:

- Your local Social Services Department – see your local council's website or ask for a referral from your GP or midwife.

ABORTION

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 the pregnancy. Abortions can only be carried out after the 24th week in exceptional circumstances e.g. the woman's life is at risk or there are fetal abnormalities.

The law states that two doctors must agree that having an abortion would cause less harm to your mental or physical health than continuing with the pregnancy; they sign a legal document called a HSA1 form to allow the procedure to take place.

It is illegal to provide abortion treatment based on the gender of the fetus.

Abortions can only be carried out in a hospital or a specialised licenced clinic.

Your decision

There are a number of reasons why a woman might choose to end a pregnancy, whatever the reason it should always be HER decision. A decision to have an abortion should be personal to you and you should be able to make this decision without feeling under pressure or being forced to by anyone. Deciding what to do about an unplanned pregnancy for some can be a difficult and upsetting time. You can talk to our counsellors about the options available to you at any time – contact us on **0333 004 6666**.

There are three different abortion methods and if you are a resident in England, Scotland or Wales these are usually funded by the NHS.

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Early Medical Abortion

A medical abortion involves taking medication to end a pregnancy - it doesn't require surgery or an anaesthetic. It is more commonly known as the "abortion pill" and is available to take up to 9 weeks of pregnancy (gestation). It involves taking two different types of pills at two different times. Once you have taken part one you can take part two up to 48 hours later.

You will be given a tablet called Mifepristone which you swallow with water. This drug blocks the hormone called Progesterone which would normally maintain a pregnancy. On the second visit four tablets called Misoprotol will be inserted virginally – these tablets cause the uterus (womb) to contract and eventually expel the pregnancy.

Surgical Abortion

You can have a surgical procedure if your pregnancy is up to 24 weeks (23 weeks and 6 days).

There are two ways to have a surgical abortion:

1 - Under local anaesthetic

You will be awake for this procedure. This is available up to 10 weeks of pregnancy and is a very quick and simple procedure. Your cervix (neck of the womb) is injected with a local anaesthetic to reduce pain. Some discomfort or cramping can be felt during the procedure, similar to period pain. The benefits include: you can drive yourself to and from the clinic, no need to fast (not eat or drink); and the recovery time is quicker than following a general anaesthetic.

2 - Under general anaesthetic

You will be asleep during the procedure. This type of abortion is available up to 24 weeks (23 weeks and 6 days) of pregnancy. You will receive a general anaesthetic and will be unconscious throughout the procedure; you will not feel anything. Although the procedure is quick the recovery time is longer and you must not eat, chew gum or smoke from midnight prior to surgery. You will not be able to drive for 48 hours afterwards. With all general anaesthetics there are some health risks. A full assessment will be made at the clinic to ensure your suitability to have this procedure.

Counselling

Deciding what to do about an unplanned pregnancy for some can be a difficult and upsetting time. You can talk to our counsellors about the options available to you at any time - contact us on **0333 004 6666**. They will help and support you in making the right decision for **YOU**. You can also request counselling from your GP or local sexual health and contraception service.

Contraception

A woman is still fertile after an abortion and can get pregnant again if contraception is not used. There are lots of methods of contraception to choose from... don't be put off if the first type you use isn't quite right for you; you can try another method. Many contraceptives are over 99% effective if used correctly.

There are 15 types of contraception, including:

- Condoms
- Contraceptive implant
- Contraceptive injection
- Contraceptive pill
- IUD/IUS – coils

All of these methods are available from NUPAS and as part of our service we will discuss options and provide you with contraception. We will help you to make plans for your long-term contraception use.

For more information about contraception see our website: www.nupas.co.uk, visit your GP or nurse, a local contraception and sexual health clinic, GUM clinic, or specialist clinics like Brook.

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STIs – Sexually Transmitted Infections

STIs are passed on through unprotected vaginal sex, oral sex, anal sex, sharing sex toys and close genital contact. The most common symptom of an STI is **NO SYMPTOM AT ALL.....many people are unaware that they have an STI!** If left untreated, STIs can lead to long-term problems such as pelvic inflammatory disease or infertility (unable to have children).

The only way to know if you have an STI is to get tested.... This is especially recommended if you have had unprotected sex, changed partner recently or if there is a risk that your partner has had sex with someone else. Once diagnosed most STIs are easy to treat with antibiotics.

At NUPAS we will give you an STI assessment. You can also get tests and treatment at your local GUM clinic, contraception and sexual health clinic, specialist service like Brook or at your GPs. See **NHS Choices** website for local services: www.nhs.uk

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Confidentiality

We provide a confidential service, even to young people under the age of sixteen. Confidentiality will only be broken if it is believed that you are being or have been harmed.

Protecting young people and vulnerable adults

All professionals have a commitment to safeguard the welfare of young people and vulnerable adults. They take reasonable steps to protect them from neglect, physical, sexual or emotional harm or exploitation. If you are identified as being at "risk", NUPAS staff will work with you to take appropriate action to protect you.



USEFUL CONTACTS

NUPAS CLINICS

Support for choices around pregnancy, contraception and sexual health

Helpline: **0333 004 6666**

Website: **www.nupas.co.uk**

NHS CHOICES

Information on sexual health and local sexual health services

Website: **www.nhs.uk**

SEX: WORTH TALKING ABOUT

Sexual health information for young people

Helpline: **0300 123 2930**

Website: **www.nhs.uk/sexworthtalkingabout**

BROOK

Free and confidential sexual health advice and contraception for young people under the age of 25

Website: **www.brook.org.uk**

FAMILY PLANNING ASSOCIATION

Sexual health information and advice on contraception, sexually transmitted infections, pregnancy choices, abortion and planning a pregnancy

Website: **www.fpa.org.uk**

GINGERBREAD

Advice and Support for single parents

Helpline: **0808 802 0925**

Website: **www.gingerbread.org.uk**

SURE START CENTRES

Sure Start centres give help and advice on child and family health, parenting, money, training and employment.

Website:

<http://childrenscentresfinder.direct.gov.uk/>

FAMILY AND CHILDCARE TRUST

Your local Family Information Service (FIS) provides a range of information on all services available to parents, including parents of disabled children

Website:

www.familyandchildcaretrust.org



Informing...

to enable choice

Advocating...

to ensure rights

Enabling...

to increase skills

Supporting...

**with compassion
and care**

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NATIONAL TREATMENT CLINICS

SEE OUR WEBSITE

www.nupas.co.uk