

Pregnancy Advisory Centre

The Pregnancy Advisory Centre (PAC) is a pro-choice health service for women facing an unplanned pregnancy. We promote women's rights to make informed decisions about their reproductive choices.

Services are confidential and some services attract a co-payment. Partners, family members and friends are welcome.

We provide:

- > decision support counselling
- > abortion services – early medication and surgical
- > contraception services following an abortion
- > sexual health information
- > community education and training.

How to contact us

You don't have to be referred by a doctor. Just phone us on **(08) 8243 3999** and make an appointment yourself. We are open from 9am to 4pm Monday to Friday. SA Country callers free call: **1800 672 966**.

For more information please visit our website:

<http://www.sahealth.sa.gov.au/AbortionSupportServices>

Counselling

If you are pregnant and feel unsure, it may help to make an appointment to talk with one of the counsellors. Post-abortion counselling is also available.

Abortion services

You will be required to attend a minimum of two visits. All women attending the PAC seeking an abortion will have an initial consultation with a health worker and a doctor. This visit will take about two hours.

Early Medication abortion:

- > available up to nine weeks gestation (63 days)
- > involves the use of tablets over 24 to 48 hours to cause a miscarriage
- > causes cramping and bleeding, which may range from mild to severe, so it is strongly recommended you have a support person with you
- > needs follow up with blood tests and/or an ultrasound scan to ensure it is successful
- > is 95-98% effective.

Surgical abortion:

- > is available up to approximately 22 weeks gestation
- > is an operation done under anaesthetic at PAC
- > usually involves some cramping and bleeding after the operation
- > carries small risks (infection, damage to the uterus) which increase with the number of weeks
- > is a more complex procedure after 16 weeks

The health worker will:

- > talk with you about the pregnancy and your decision
- > explain the early medication and/or surgical procedure and the risks involved
- > provide contraceptive information
- > answer any questions you may have.

Further counselling can be arranged if needed.

The doctor will:

- > confirm how far pregnant you are by doing an ultrasound scan
- > check your medical history
- > ensure you are aware of the risks involved in the abortion procedure and answer any questions you may have
- > obtain your consent for medication abortion or surgical procedure
- > make a time for operation, or for follow up of a medication abortion
- > provide tablets for a medication abortion
- > provide prescriptions for contraception.

The abortion operation:

- > expect to be at PAC for three to six hours
- > tablets are taken prior to the operation to soften and open your cervix
- > anaesthetic is used according to whether you want to be awake during the procedure or not
- > the cervix is gently stretched open and a suction tube used to empty the uterus
- > the operation takes about 10 to 15 minutes
- > you wake up in recovery soon after
- > nurses will care for you providing medication for pain and nausea
- > you can have something to eat and drink after the operation
- > you can sit with your support person in the lounge area until you are ready to leave
- > you must not drive for 24 hours after an anaesthetic and you must have someone to drive you home or arrange a taxi
- > it is strongly recommended that someone stays with you overnight
- > you will be given information about what to expect, including possible complications
- > you can contact PAC staff during office hours with any questions or worries you might have after you leave. After hours support is also available.

Follow up

A follow up blood test after an early medication abortion is required. This can be done at an SA Pathology centre.

Childcare

We don't have facilities for providing care at PAC for children. In an emergency we may be able to assist you with childcare arrangements.

Interpreters

We can arrange interpreters in all languages – please let us know if you need an interpreter when you make your appointment.

Women from rural/regional areas

If you're coming from the country or isolated areas we can assist with information about accommodation options and other services if necessary.

Teaching health workers

Services at PAC are provided by health workers who have experience in sexual and reproductive women's health. We also teach medical practitioners and health workers about abortion service provision. The health workers you see may be training and working under the supervision of experienced practitioners.

How to find us

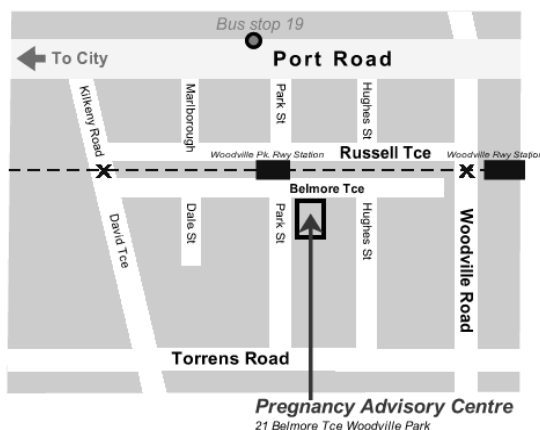
Train (easiest)

- > From city railway station, North Terrace.
- > Take Grange or Outer Harbor train to Woodville Park railway station.

Bus

- > From city North Terrace, take bus 151, 153 155 to bus stop 19 on Port Road.

Short walk down Park Terrace



For more information

Pregnancy Advisory Centre (PAC)

21 Belmore Terrace

Woodville Park SA 5011

Phone: (08) 8243 3999

Fax: (08) 8243 3998

SA Country toll free – 1800 672 966

E-mail: HealthPAC@sa.gov.au

<http://www.sahealth.sa.gov.au/AbortionSupportServices>

If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.



www.ausgoal.gov.au/creative-commons



SA Health



SA Health

Information for women considering abortion

Pregnancy Advisory
Centre (PAC)