

Pregnancy Advisory Centre

The Pregnancy Advisory Centre (PAC) is a health service for women and pregnant people requiring an abortion or considering their pregnancy options. PAC is a service of The Queen Elizabeth Hospital. We provide healthcare from a perspective that places importance on women and pregnant people making informed decisions about their reproductive choices.

Services are confidential and some services attract a co-payment, there may be out of pocket costs if you do not have a Medicare card.

We provide:

- > 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) 7117 8999** 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 the SA Health 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. Counselling is not compulsory, but it is available if wanted. You can self-refer for counselling or the health worker can assist you to access this.

Post-abortion counselling is also available.

Abortion services

A decision to have an abortion is your own health care decision to make. You will be required to attend a minimum of two visits.

All clients 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 the abortion
- > causes cramping and bleeding, which may range from mild to severe, it is strongly recommended you have a support person with you
- > needs follow up with usually with urine testing to ensure it is successful occasionally follow up blood test or an ultrasound scan is necessary
- > is 95-98% effective.

Surgical abortion:

- > is available up to 23 weeks gestation
- > is an operation done under anaesthetic at The Queen Elizabeth Hospital
- > 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
- > Follow up is available as required

The health worker will:

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

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/side effects 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 the hospital for four to six hours
- > tablets are taken prior to the operation to soften and open the cervix
- > anaesthetic is used according to whether you want to be awake during the procedure or not
- > the cervix is gently opened 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 side effects such as pain or nausea
- > you can have something to eat and drink after the operation
- > you must not drive for 24 hours after an anaesthetic and you must have someone to drive you home after surgery if you have difficulties with this you can discuss with the health worker

- > you will require a support person to stay with you overnight
- > you will be given information about what to expect after, including possible complications
- > you can contact PAC staff during office hours with any questions or worries you might have after you leave.

Childcare

We don't have facilities for providing care at PAC for children.

Interpreters

Interpreting services are available. Professional interpreting services must be used, family/friends cannot be used as interpreters.

Rural/regional access

If you're coming from the country or isolated areas, we can provide appointments to assist with ease of access and provide information about accommodation options and other services if necessary. The [Patient Assistance Transport Scheme](#) may provide some support with costs associated with travel. Some [regional services](#) are available.

Other services Abortion services are also provided in other [metropolitan hospitals](#) in South Australia.

Go to

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

Teaching health workers

Services at PAC are provided by health workers who have experience in sexual and reproductive health. We also teach medical practitioners and health care workers. 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 150, 155 157 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) 7117 8999

Fax: (08) 7117 8977

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



Information about Abortion in South Australia

The Queen Elizabeth Hospital
Pregnancy Advisory
Centre (PAC)

