

## Abortion of Pregnancy - Patient Information Leaflet

If you are pregnant and have decided to have an abortion, you can self refer, and you do not need a GP letter. A woman can have a legal abortion provided she is under 24 weeks pregnant; it can be easier if the procedure is carried out at less than 12 weeks of pregnancy

You may need to talk further before deciding on your options. It is important to get support from your partner, family or friends as this can be a very stressful time.

You can find useful information on all options on [www.fpa.org.uk](http://www.fpa.org.uk) (see also below). We are also available to support you with the decision and help you choose a suitable contraception to use after the abortion – please let us know.

### How to book an appointment for an abortion:

To book your consultation for an NHS Abortion call the **Central Booking** line on **0842 300 23 50**. They will ask routine questions including when you had your last period, weight, height, and GP details (have these details handy). There is usually a short waiting list, so it's best to book the procedure as soon as you can.

Women living in the boroughs of **Hillingdon and Brent**, will need to refer themselves to any of the services below, as there is currently no central booking service available.

British Pregnancy Advisory Service (BPAS) : 08457 30 40 30

<https://www.bpas.org/bpaswoman>.

The London Pregnancy Advisory Service : 0845 077 2250

### After the Abortion:

All Abortion services offer post abortion counselling support. And most offer contraception after the abortion.

If you are unsure what contraception to use or did not start straight after the abortion, please make an appointment with us (phone our **central booking office on 02033175252**) or any other contraceptive clinic as soon as possible.

The Family Planning Association ([www.fpa.org.uk](http://www.fpa.org.uk)) has useful information and tools on contraceptive choices. You will also find further information on our website on

<http://www.cnwl.nhs.uk/services/sexual-health-hiv/>