

# Pregnancy Advisory Service(PAS)

The service at Noarlunga Hospital offers early medical terminations (less than 9 weeks) or surgical terminations (less than 14 weeks).

A medical termination consists of one appointment.

A surgical termination may consist of two appointments. This may not always be in the same week.

At Noarlunga Hospital the clinic is in the Outpatient Clinic.

## Before your appointment

Please attend a SA Pathology collection centre for a blood test and urine specimen.

Your pathology form will be available for collection from Noarlunga Hospital Outpatients. If your blood test results are not done before your appointment date, your appointment may need to be rescheduled to another day.

You do not need an ultrasound before your appointment, but if you have had one, please bring a copy of your results.

Counselling is available on the day of your appointment. If you would like to speak with a social worker before the day of your appointment, phone 8204 5511 between 9am and 4pm and ask for the social work department. Support and resources are provided confidentially.

## Cancelling your appointment

If you need to cancel your appointment, please call 8384 9233. This allows for the waitlist to be booked. Due to confidentiality, you are the only person who can cancel your appointment.

## Preparation for appointment

A surgical procedure may be scheduled on the afternoon of your appointment – theatre time permitting (due to preferred choice, medical history, or gestation).

Please come prepared: Shower at home on the morning of your appointment and do not apply moisturiser, deodorant, powder or make up. Remove all nail polish and jewellery (a wedding ring is permitted). Wear comfortable clothes appropriate for surgery and please bring sanitary pads with you. Please bring the contact details of the person who will take you home and stay with you for the first 24 hours following the anaesthesia.

**Fasting:** You may have a light breakfast in the morning before 6am (cup of tea/coffee – small amount of milk - and two slices of toast). After **6am** do not eat anything; this includes sweets and chewing gum. You may continue to sip water only up until 10am. Do not smoke or drink alcohol from the evening prior to your appointment.

## On the day of your appointment

Please arrive on time for your appointment and allow time to find a carpark.

## Please bring to your appointment...

- Medicare card, Healthcare card, Pension or Concession card details
- You can bring a support person with you, but we ask that you **do not bring children** with you to your appointment.
- Any notes given to you from your doctor.
- Any medications that you are currently taking, including inhalers.
- **NOTE:** you do not need a referral for this service.

## What to expect at your appointment

At your appointment you will meet several members of the health care team. You can expect to be at the clinic for up to four hours.

A social worker is available for counselling.

An ultrasound scan to determine which procedure you can have will be performed.

Your options and procedures will be discussed, along with any risks explained. Your consent will be obtained after these discussions.

## Medical Termination

You will be provided with the necessary medication for your termination and given clear instructions on when to take the medication. The medication is taken over two days.

You will be required to have a follow-up home urine test, 21 days after your termination.

## Surgical Termination

You will attend the Day of Surgery Admission (DOSA) unit for 3-4 hours on the day of your procedure (usually Friday afternoon). You are required to have an adult drive you home and to remain with you for 24 hours after your procedure. You will not be able to drive for 24 hours after the procedure due to having an anaesthetic.

More detailed information about your options is available on [www.know4sure.org.au](http://www.know4sure.org.au) or [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

(search Unplanned Pregnancy) or [www.shinesa.org.au](http://www.shinesa.org.au) or [www.childrenbychoice.org.au](http://www.childrenbychoice.org.au)

The following is a comparison between the medical and surgical procedures.

Medical termination For a pregnancy less than 9 weeks	Surgical termination For a pregnancy up to 13 weeks
Is available from 5½ weeks pregnant.	Is only available if more than 6 weeks pregnant.
Most effective for a pregnancy less than 9 weeks.	Most effective for a pregnancy of more than 7 weeks.
Resembles a natural miscarriage.	Involves inserting a tube into the uterus to remove the contents.
Termination process lasts 1 to 2 days.	The operation procedure is complete within 10 to 15 minutes.
One appointment, which may last up to 4 hours.	Procedure is usually on the same day as initial appointment, however you may require a second appointment depending on circumstances. You will be at the hospital for 3-5 hours for the procedure.
You are required to have an adult stay at home with you during the termination process.	The termination occurs in a health facility. You are required to have someone collect you from the health facility and stay with you overnight after the anaesthetic.
May be painful for a few hours or more following the use of Misoprostol. Pain medication will be provided.	Mild pain may be experienced after the procedure when the uterus contracts.
Longer period of bleeding. Possibly up to several weeks.	Shorter period of bleeding 1 to 2 weeks.
Anaesthesia is not needed.	Pain medication, light sedation and anaesthesia are required for the procedure.
Severe complications are rare.	Severe complications are rare.

**IMPORTANT INFORMATION: IF YOU DO NOT HAVE A MEDICARE NUMBER**

Please be aware that there are costs associated with your procedure. Contact your health insurance company before you attend your appointment to see what your costs will be. Flinders Medical Centre requires up-front payment. Finance will phone the day prior to your appointment via a 'No ID' number to identify you. Finance will then send an SMS payment link. You will be required to show your payment receipt on presentation to your appointment.

Approximate costs

Medical termination	Surgical termination
One outpatient appointment at \$364	One outpatient appointment \$364
Medication \$340 (Approx)	Surgical fees including Anaesthetist \$4006
<b>TOTAL APPROX \$704</b>	<b>TOTAL APPROX \$4370</b>

**Please note:** Additional follow up appointments and social work counselling will attract additional costs. If you are not claiming on your Private Health Insurance the prices above are approximate. If using Private Health Insurance, you may receive an extra payment account from the operating doctor.

Item numbers

Surgical termination under twelve weeks pregnant	CMBS 35640-03
Surgical termination over twelve weeks pregnant	CMBS 35643-03

There are no item numbers for medical termination

**Please note:** from July 1st each financial year costs may incur an increase.

For more information

Women’s Health Clinic  
 Flinders Women & Children  
 Flinders Medical Centre  
 Bedford Park SA 5042  
 Telephone: 08 8204 5511  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



This document has been reviewed and endorsed by consumers.

