

Epsom Day Unit offers two methods of termination of pregnancy. One is with medication and the other is with surgery. You will have the opportunity to discuss your preferred method with the nurse and doctor, who will make the final decision based on what is most suitable for you.

### ***Medication termination***

Up to 9 weeks, a pregnancy can be safely terminated through the use of a combination of medicines. On the first day you will take the first medication which starts to prepare your womb (uterus) and lowers the hormone levels necessary for the continuation of a pregnancy. After 24 hours you will return to the Unit and take the second medication. You will then pass the pregnancy tissue at home, usually the same day. You must see your referring doctor within 2 weeks to ensure you are no longer pregnant and/or your termination is complete.

### ***Surgical termination***

Up to 13 weeks, a pregnancy can be safely terminated by a surgical procedure. Before going into the procedure room you will be given painkillers, medication to help you relax and medication that helps soften the entrance to your womb (cervix). The doctor will gently open your cervix and insert a plastic tube in order to remove the pregnancy tissue by suction. The whole process takes about 10 minutes and most women can go home about 30 minutes afterwards.

## **Your Choice**

The decision to continue or terminate a pregnancy is **your** choice. There are many factors which can influence the decision. Your values, beliefs, previous life experiences, society's attitudes, spirituality and cultural perspective all impact on this decision.

We can provide support during the decision making process. Counselling is available should you wish to explore relevant feelings and issues related to an unplanned pregnancy and the options available.

Post termination counselling is also available. If you think counselling would be helpful, ring (09) 631 0740 and choose option 3. Counselling is free if you are eligible for free healthcare.

## **Your first visit to Epsom Day Unit**

### ***On Arrival***

You will check in with the receptionist who will ask for identification and check your eligibility for free healthcare. You will be introduced to your nurse. Your support person will be asked to wait whilst you are shown to your room. You will be offered counselling. Many women find this can help with their decision making, particularly those who are unsure of their decision and need further time to consider available options.

### ***Nurse Assessment***

- 1) Your nurse will ask questions about your medical, family history and social circumstances.
- 2) Your nurse will also discuss contraception options so that you can think about which method might work best for you and help you make an informed choice.
- 3) They will ask your preference, if you have one for medication or surgical termination.
- 4) Your height, weight and blood pressure will be taken. Your support person can then join you in your room.

After meeting the doctor, the nurse will further discuss what to expect during the termination process and how to manage when you go home. She will give you important information about follow up care.

### ***Doctor Assessment***

The doctor will further discuss your decision to terminate your pregnancy. They will advise which method is most appropriate for you and explain possible risks and complications. They will also advise which contraception method is appropriate for you and arrange for you to start this straight away.

Some women realise that they need more time before they make a final decision to terminate their pregnancy. If you are not sure or not ready to proceed at that point or change your mind you will go home. You will need to see your GP or contact our Walk-in Centre, Maternity Outpatients, Level 6, Greenlane Clinical Centre or ring 0800424784 for further care if you decide to progress with your pregnancy.

The Law says that you must discuss your decision to terminate the pregnancy with two doctors. Therefore you will be seen by a second doctor who will ensure that you have all the information you need to agree to a termination and answer any questions you still have.

## **Risks of terminating pregnancy**

Since 1978 when legal terminations have been available in New Zealand no woman has died as a direct result of termination of pregnancy.

In a normal group of pregnant women, only a few (5 in 1000) will deliver before they are 28 weeks pregnant. This is 12 weeks early and a baby born then is very immature and needs medical support to survive. After a termination the risk of delivering before 28 weeks rises. By the time a woman has had 3 terminations the chances of delivering before 28 weeks rises to 20 in 1000 or 2%. It is good to try to limit the number of pregnancies that are terminated. This particularly applies to young women who have not yet had a family.

## Your Appointment

Date:                      Time:

### What do I need to bring with me?

If you were born in New Zealand bring either your passport or your birth certificate plus photo ID, such as Drivers License or Student ID

If you were **not** born in New Zealand bring your passport to prove residency or citizenship

Bring something to read or listen to

Our services are free for New Zealand citizens and those on a work permit of two years or more. **It is important to bring your identification** as we will check your eligibility for free healthcare when you first arrive. If you can not prove eligibility our charges are \$1,300. You can pay by cash or credit card.

### How long will I be at the Unit?

- Assessment only - around 2 hours
- Counselling only - around 45 minutes
- Medication termination - around 2 hours plus a second appointment 12 hours later for around 1 hour
- 1 Day system surgical termination—around 4 extra hours
- 2 Day system surgical termination—a second appointment another day for around 3 hours

### Support Person

You are welcome to bring a support person(s) with you, however for the privacy and comfort of others one support person is preferred.

## Car parking and bus transport

ADHB charges for car parking. If you are parking in the Visitors car park at Greenlane Clinical Centre the charges are \$6—\$8 for 3 to 4 hours or \$10—\$11 for 6 or 7 hours. There is no charge when dropping off or picking up as long as this takes less than 30 minutes.

Stagecoach 283 and 007 routes run through the site. Other buses with drop off points near the Centre run along Manukau Road, these are Stagecoach 304, 305, 312, 328 and 348. For details on bus and public transport routes to the Centre call Maxx on 09 366 6400 or check at [www.maxx.co.nz](http://www.maxx.co.nz)

If you are coming for an **assessment only** you will be able to drive yourself home. **Otherwise you will need someone to escort you home as you will not be allowed to drive home.**

### Hours

You can ring us on (09) 631 0740 choose option 0

We do not have child care facilities.  
Please arrange for your children to be cared for.

The National Women's Health website has good, accurate and up to date information which you may find helpful.  
[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz) > Gynaecology > Termination of Pregnancy



## Epsom Day Unit

## Information for women about our Services

Tena koutou katoa, Kia orana, Talofa lava,  
Malo e lelei, Fakaalofa lahi atu, Taloha Ni,  
Ni Sa Bula Vinaka,  
Greetings and Welcome to National Women's Health

Auckland District Health Board  
National Women's Health