

## REFERRAL

Patient's Name: \_\_\_\_\_

DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ LNMP: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Pregnancy test result: \_\_\_\_\_ Date of pregnancy test: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Clinical history: \_\_\_\_\_

Investigations \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Provider Number: \_\_\_\_\_

### Services Provided:

- Surgical pregnancy termination to 14 weeks under IV sedation
- Medical pregnancy termination up to 9 weeks
- Follow guidelines recommended by RANZCOG
- Ultrasound assessment for all patients
- Rhesus blood testing and immunoprophylaxis
- Chlamydia Screening
- 24 hour on call service

### Doctors Certificate (OPTIONAL)

I certify that, in my opinion, the continuation of the pregnancy of

\_\_\_\_\_

would involve greater risk of injury to the physical or mental health than if the pregnancy were terminated.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Appointment:** Phone for an appointment and write the details in the space provided below. Please also phone before 12 noon the weekday before your appointment to confirm your attendance. If you change your mind, please give notice of your cancellation as soon as possible.

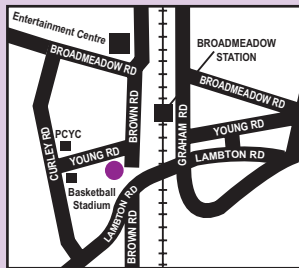
All information is treated confidentially.

Time: \_\_\_\_\_

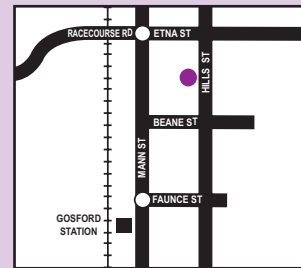
Date: \_\_\_\_\_

Place: \_\_\_\_\_

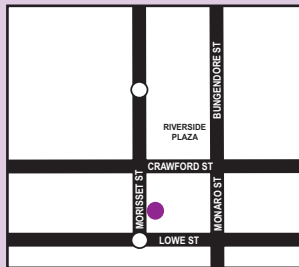
[abortion.com.au](http://abortion.com.au)



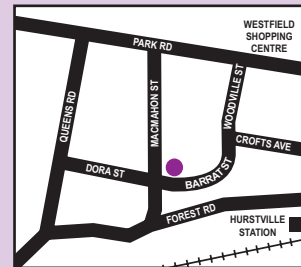
Suite 9, 24 Brown Rd  
**NEWCASTLE** 2292  
T: 02 4962 4999  
F: 02 4962 4988



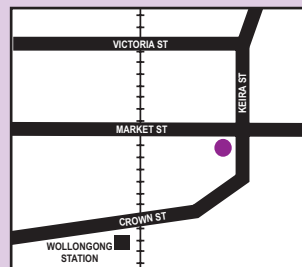
Suite 4, 16-18 Hills St,  
**GOSFORD** 2250  
T: 02 4324 5176  
F: 02 4322 9124



1st Floor, Morisset House,  
7 Morisset St  
**CANBERRA** 2620  
T: 02 6299 5559  
F: 02 6299 5554



Suite 20, 4th Floor,  
33 MacMahon St,  
**SYDNEY** 2220  
T: 02 9585 9599  
F: 02 9585 9716



Level 3, 166 Keira St,  
Cnr Keira & Market St's,  
**WOLLONGONG** 2500  
T: 02 4227 4100  
F: 02 4227 4122



[gcaus.com.au](http://gcaus.com.au) - [info@gcaus.com.au](mailto:info@gcaus.com.au)



# Pregnancy Options

GCA - Brochure/V3/MH/June 2009

Canberra Gosford Hurstville Newcastle Wollongong

[abortion.com.au](http://abortion.com.au)

### 3 Options...

There are 3 options for any woman faced with an unplanned or unwanted pregnancy:

1. Continue the pregnancy and raise a child
2. Continue the pregnancy and give a child up for adoption or fostering
3. Discontinue the pregnancy

### Counselling...

At some time in their lives, some women are faced with making a decision they never expected to make.

This choice may be straightforward for some, for others the decision may be quite difficult, perhaps the most difficult they will ever make. Our doctors and staff respect the individual and private choice of every woman and are committed to providing a safe and supportive environment for those women seeking termination of pregnancy.

The key goal of pregnancy counselling is to encourage you to make your own personal decision and feel comfortable with the decision you have made. Counselling is also designed to limit regret and long-term psychological consequences by exploring alternatives and resolving ambivalence.

If you decide to terminate a pregnancy, the procedure will be explained, including possible complications and after care.

If you decide to continue the pregnancy you should see your local doctor or local hospital for antenatal care, and if needed see a social worker at your local hospital.

Other goals of counselling include providing contraceptive education, to provide a supportive, non-judgemental atmosphere that allows you to explore your feelings about your pregnancy, to provide emotional support for your decision, and to examine the factors that are involved in the decision making process.

Please be aware that in your endeavours to access independent pregnancy options counselling you may be exposed to deceptive 'counselling' services. Many use misleading advertising techniques, such as deliberately using obscure organisation names, that lead women to think they will receive genuine all-options counselling.

Please ring us if you would like advice in this area.

### Your decision...

GCA specialises in first trimester pregnancy termination.

If you are sure of your decision, phone us for an appointment. If you are finding the decision difficult and would like some advice, phone us and we can discuss your options, taking into account your individual needs. Further counselling may be arranged, if required.

### Our Services...

We are dedicated in providing an unbiased, understanding and caring atmosphere. Our policy is to provide health care for patients in an environment no different to other surgical procedures. Confidentiality is considered to be of paramount importance. Our clerical, nursing and medical staff have extensive experience. Expert doctors are available at all centres.

### After you arrive...

You will be asked to provide your details and will have an opportunity to read some comprehensive information about the procedure and after care. You will then have a consultation with the doctor, who will perform an ultrasound to assess the pregnancy and discuss your options. During this consultation, contraceptive advice is available and you will have the opportunity to ask any questions. Before your procedure you will also have a consultation with the doctor administering your anaesthetic.

### The Procedure...

A termination of pregnancy is a very quick & safe procedure taking about 5-10 minutes. A twilight anaesthetic is given intravenously, which is a form of sedation. It is NOT a general anaesthetic, therefore you are not paralysed where you stop breathing. However, you are still asleep but breathing on your own, making it a very safe form of anaesthesia.

You have no pain and most people do not have any memory of the procedure. It wears off rapidly so the total time with us is about 2 hours. However, it is important not to drive a motor vehicle until the next day and to have a support person to escort you home.

A "medical" termination of pregnancy may only be performed early in pregnancy. This involves taking 2 different types of medication, one to stop the pregnancy growing and the other (to be taken 24-48 hours later) to expel the pregnancy tissue from the uterus.

Basically it mimics a miscarriage. Bleeding and pain are variable. A follow-up appointment with us is necessary 2 weeks later to confirm a successful pregnancy termination. The pregnancy tissue is removed from the uterus by gentle suction after the cervix (opening to the womb) is dilated (opened slightly). This returns to normal after the procedure. There may be some mild cramping after the procedure that may be relieved by simple analgesic medication.

### After the Surgical Procedure

A minimum of an hour is spent in a private recovery bay and a support person may join you here. It is recommended to go straight home and rest for the remainder of the day. Do not drive or operate any machinery or sign any important documents. You may return to normal activities the next day.

If you intend to start the oral contraceptive pill, it may be commenced the next day. A physical examination is recommended after 10-14 days, with your local doctor.

Although complications after the procedure are uncommon, you will be given written advice about any possible problems and how to deal with them. We are available 24 hours a day and suggest you call us first if you have any concerns. Our after hours number is the same as the surgery number.

### Payment...

Payment is required prior to the procedure, either by cash, credit card or EFTPOS.

### What do I bring?...

Please bring your Medicare card, your payment, your oral contraceptive pill (if you have it, so we can show you where to start) and some extra underwear. Wear comfortable clothing and please bring someone to escort you home.

### And finally, remember...

Because you are having an anaesthetic, it is important **NOT** to smoke, eat any food, drink any liquids, chew gum, suck lollies for 6 hours before your appointment.

**You cannot drive a motor vehicle until the next day.**