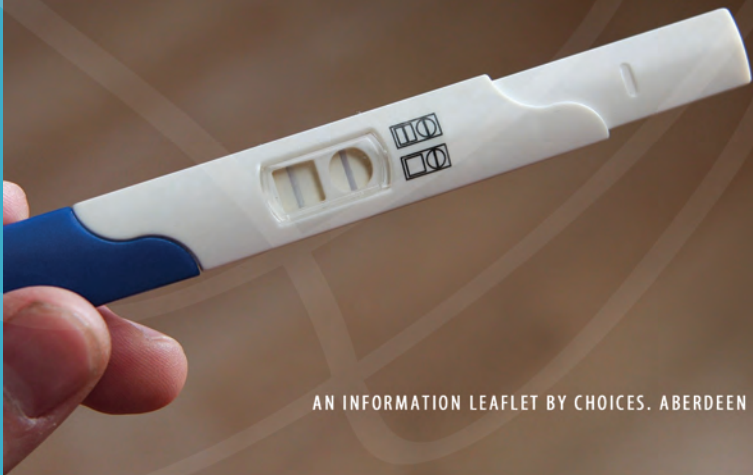


PREGNANCY

A guide to those facing an unexpected pregnancy.



AN INFORMATION LEAFLET BY CHOICES. ABERDEEN

PREGNANT

An unexpected pregnancy may cause a variety of emotions. So often, perceptions of our circumstances can influence our decision making. Yet circumstances often change.

Space and time can be a valuable asset whilst looking at and being fully informed about the options. Evaluating our thoughts and beliefs can help clarify the way forward.

Continuation of pregnancy

Visit or register with (if you haven't done) with your local GP to receive antenatal care during pregnancy. This service will give you information about keeping healthy as well as medical advice.

Other support may include:

Government benefits, see: www.direct.gov.uk

For free, practical help, see Home-Start: www.home-start.org.uk

Housing problems - see the local housing officer

Adoption

An option that enables a potential baby to be released to those who would like to adopt. Many women feel a range of differing thoughts and emotions about adoption with many questions and concerns. Having the information about the process, questions answered and what to expect can be of help and support.

For more advice and relevant information go to:
www.coramBaaf.org

Abortion

There are two types of abortion procedures, medical & surgical;

MEDICAL

The abortion pill up to 10 weeks and from 10 weeks up to 24 weeks

SURGICAL

Vacuum aspiration up to 15 weeks and dilatation and evacuation between 15 and 24 weeks.

You can find out more from; www.rcog.org.uk

Possible risks include bleeding, infection and damage to the cervix (neck of the uterus)

Afterwards:

Some women may initially experience a sense of relief. Others may feel a variety of emotions such as sadness, emptiness and loss. These problems are more likely to occur if:

- You felt you had little choice in your decision to terminate
- Suffered from anxiety/depression or
- Not comfortable with the idea of abortion





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Promoting and Supporting Positive Relationships

Choices offers counselling support as you consider your options when facing an unplanned pregnancy as well as post abortion counselling if you are experiencing anxiety and other difficult emotions.

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