

Services providing pregnancy testing, abortion referrals or information

Pregnancy Advisory Centre

21 Belmore Terrace, Woodville Pk 8243 3999
Toll Free 1800 672 966

Northern Women's Community Health Centre

Elizabeth Way, Elizabeth 8252 3711

Southern Women's Health Centre

Alexander Kelly Drive, Noarlunga Centre 8384 9555

The Second Story Youth Health Service

Central: 57 Hyde Street, Adelaide 8232 0233
North: 6 Gillingham Road, Elizabeth 8255 3477
South: 82 Beach Road, Christies Beach 8326 6053

Migrant Health Service

21 Market Street, Adelaide 8237 3900

Nunkuwarrin Yunti (ask for the medical officer)

182 Wakefield Street, Adelaide 8232 0946

Public hospitals

Flinders Medical Centre

Finders Drive, Bedford Park 8204 4681

Lyell McEwin Hospital

The Family Advisory Clinic
Haydown Road, Elizabeth Vale 8282 0255

Noarlunga Hospital (Family Advisory Unit)

Alexander Kelly Drive, Noarlunga Centre 8384 9233

Royal Adelaide Hospital

Women's Health Centre
North Terrace, Adelaide 8222 5587

Queen Elizabeth Hospital

28 Woodville Road, Woodville South 8222 6000

Women's & Children's Hospital

Women's Social Work Department
72 King William Road, North Adelaide 8161 7580

General practitioners

A trusted general practitioner can provide pregnancy testing, counselling and referral.

SHine SA contact details

East/West Primary Health Care Team

GP Plus Health Care Centre
64c Woodville Road, Woodville SA 5011
Tel: 8300 5300
Clinic appointments: 8300 5301

Northern Primary Health Care Team

43 Peachey Road, Davoren Park SA 5113
Tel: 8256 0700

Southern Primary Health Care Team

19-23 Beach Road, Christies Beach SA 5165
Tel: 8186 8600

Workforce Development & Resources

64c Woodville Road, Woodville SA 5011
Tel: 8300 5317
Email: SHineSACourses@health.sa.gov.au

Library & Resource Centre

64c Woodville Road, Woodville SA 5011
Tel: 8300 5312
Email: SHineSALibrary@health.sa.gov.au

Sexual Healthline

Available 9 am – 1 pm, Monday – Friday
Tel: 1300 883 793
Country callers (toll free): 1800 188 171
Email: sexualhealthhotline@health.sa.gov.au

Website

www.shinesa.org.au

National Relay Service: www.relayservice.com.au
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

Information on abortion in South Australia

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SHine SA pamphlets are regularly reviewed and updated.
To download the most recent version visit www.shinesa.org.au

safety, pleasure, respect



How do you know you're pregnant?

Possible signs include:

- missed period
- late period or lighter and shorter period
- tender and/or bigger breasts
- tingling nipples
- feeling sick and/or tired
- need to pass urine more often

Pregnancy testing

Urine can be tested to determine if you are pregnant, and this result is available straight away. If your period is at least 3 days late, your urine can be tested.

Home pregnancy testing kits are available at chemists and some supermarkets. Some agencies listed on the back of this pamphlet provide a pregnancy testing service. Give them a call and discuss with a worker when to come in.

The decision is yours

If you are pregnant you have three options:

- to continue the pregnancy and keep the child
- to continue the pregnancy and place the child for adoption or fostering
- to terminate the pregnancy (abortion)

There is no one right solution to an unplanned pregnancy. It's important to understand the issues involved in each option before you make your final decision. You may want to talk it over with people you are close to, or someone experienced in this area, before you decide. A social worker, nurse, doctor or counsellor can provide this information and support.

What if I'm considering abortion?

There may be many factors influencing your decision to have an abortion. It can be a very confusing time with pressure from parents, family, partner and society. If you are considering an abortion contact an agency listed on the back page.

You can expect at least 3 contacts with health professionals from the time you first decide to have an abortion. You may see the nurse, doctor, social worker and anaesthetist (person who puts you to sleep for the procedure). These consultations provide an opportunity for you to gather the information you need and to ask questions about issues that may be of concern.

When can I have an abortion?

Abortions are done preferably no earlier than seven weeks after the last menstrual period. At two of the six public hospitals the consultation and abortion may be carried out on the same day.

Who has to know about it?

All information about you is treated in confidence by people working at the Pregnancy Advisory Centre or hospital. It's your decision whether you tell anyone that you have had an abortion. You will need someone to go home with you and be with you for 24 hours following the abortion. Most women find it comforting to confide in someone who can provide information and support.

How much does it cost?

Abortions are free at the Pregnancy Advisory Centre and public hospitals, but there is sometimes a waiting period of 1 to 2 weeks. Abortion is also available through the private system at varying costs, including the cost of the hospital bed, doctor, theatre fee and anaesthetist. If you have private health insurance check to see whether part or all of these costs will be refunded.

Is abortion legal in South Australia?

Abortion is legal and is widely available in metropolitan South Australia. Abortions performed before 12 weeks of pregnancy are more straightforward and are available at the Pregnancy Advisory Centre and most public hospitals. A doctor's referral is not needed for the Pregnancy Advisory Centre or public hospital service.

Abortions later than 12 weeks of pregnancy are provided at the Pregnancy Advisory Centre and, although more involved, side effects are still uncommon.

Partner or parental consent is not necessary for an abortion if you are 16 or over. If you're under 16 and feel you cannot talk to your parents and/or guardians about the pregnancy, then discuss this with a doctor, social worker or counsellor at one of the agencies listed on the back page.

What is the procedure?

Abortion in South Australia is carried out under a light general anaesthetic, local anaesthetic or local anaesthetic plus sedation (tablet which makes you sleepy and relaxed). These options are offered at the Pregnancy Advisory Centre

and some hospitals. Most services provide abortions as a day surgery.

It's necessary to fast (not eat or drink) for 4–6 hours before your operation. When you have had the anaesthetic the doctor will put a speculum (an instrument to hold walls of vagina open) inside your vagina to see the cervix (neck of the womb). The cervix is gently dilated (opened) and a small plastic tube is inserted into the uterus. Suction is used to remove the contents of the uterus. The whole procedure takes about 15 minutes. It's usual to stay and recover after the abortion for about 4 hours.

What are the risks?

The majority of women have no complications. Abortion performed before or at 12 weeks of pregnancy is a simple, safe procedure. As with any operation there are some risks and it is important to be aware of these.

- **Infection**
There's a small risk of infection, which can be treated with antibiotics. Signs of infection would be abdominal pain, fever and unpleasant smelling vaginal discharge. Infection after abortion may lead to problems getting pregnant unless treated early.
- **Retained tissue**
The uterus may not be completely emptied, causing heavy bleeding and cramping pains. Further treatment may be required.
- **Other risks**
Damage to the uterus or cervix is very uncommon. Continuing the pregnancy (incomplete abortion) is rare. Reaction to anaesthetic drugs is also rare.

What happens after the abortion?

During recovery from a general anaesthetic people can feel emotional. Every woman has different feelings depending on her situation. Relief and a sense of wellbeing is a common response reported by women post-operatively. Other women may experience sadness, guilt or a mix of feelings. All these feelings are normal and okay. Talking to someone you trust may be helpful. Counselling is also available at some of the agencies listed below.

A routine follow-up appointment 2 weeks after the abortion is recommended to ensure you are feeling well and to discuss any concerns. This service is available at SHine SA, Pregnancy Advisory Centre, hospitals or a doctor.