

Early termination of pregnancy:

British Pregnancy Advisory Service (BPAS) and other support groups

All of our staff here recognise that this is a very difficult time for you. This leaflet will provide you with useful numbers both for BPAS and different support groups that are available to you.

What next?

We will inform your GP and community midwife of your decision. You will need to phone BPAS on 03454 370 360 for a consultation. BPAS will advise you on the nearest centre to best meet your needs in your circumstances. They will offer you both medical and surgical termination of pregnancy. There is lots of useful information on their website <https://www.bpas.org/more-services-information/fetal-anomaly-care/>

During your phone call to BPAS, the staff will explain what will happen for you to be offered a date to attend for the procedure. At about 8 weeks after the procedure you will receive a letter from the Royal Berkshire Hospital offering you the opportunity to have an appointment to review the outcome of the pregnancy and make plans for the future. We recommend that you have one normal period before trying for another baby.

You will be given contact numbers to organise early scans in the next pregnancy.

You may feel physically or emotionally low for a while after the termination, but as your body returns to normal, emotional feelings should settle. Look after yourself and give yourself time to recover. If it would help to talk to someone, please either contact your own GP or one of the support groups listed below. Please do feel free to contact the bereavement midwife if you would like to know more about ways to remember your baby.

Where to get further information

- ARC (Antenatal Results and Choices) offer information and support to parents in your situation. Phone 0845 077 2290 or 0207 713 7486 via mobile or go to their website at <http://www.arc-uk.org>
- The Willows Support Group: www.willowssupportgroup.co.uk
- RBFT Bereavement Midwife : 07500 123 912
- Talking Therapies [0300 365 2000](tel:03003652000)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

AN Screening MW/Bereavement MW, November 2008

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