

## Early termination of pregnancy: information about British Pregnancy Advisory Service (BPAS) and other support groups

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All the 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. We will inform your GP and community midwife of your decision. You will need to phone BPAS for a consultation. The central number to phone BPAS is 03454 370 360. They will advise you on the nearest centre suitable for your needs. 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/>

Although you have decided to go out of the hospital for your procedure we would recommend that you have an appointment with one of our consultants at around 8-10 weeks afterwards. This is not compulsory but it is an opportunity to review the outcome of the pregnancy and make plans for the future. 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. We recommend that you have one normal period before trying for another baby.

### Where to get further information and support

- ARC (Antenatal Results and Choices, formerly Support after Termination for Abnormality) offer information and support to parents in your situation. Phone 0845 077 2290 or **0207 713 7486** via mobile or go to the website at <http://www.arc-uk.org>
- Reading Lifeline offer pre- and post- termination of pregnancy counselling with trained counsellors. Phone 0118 959 6669 for opening hours and appointments or email [lifeline@themustardtree.org](mailto:lifeline@themustardtree.org).
- Bereavement Midwife : 07500 123 912
- More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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