

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 Community Health Centre

Alexander Kelly Drive, Noarlunga Centre 8384 9555

Dale Street Women's Community Health Centre

47 Dale Street, Port Adelaide 8444 0700

The Second Story Youth Health Service

Central: 57 Hyde Street, Adelaide 8232 0233

North: 6 Gillingham Road, Elizabeth 8255 3477

South: 50a Beach Road, Christies Beach 8326 6053

West: 51 Bower Street, Woodville 8268 1225

Shopfront Youth Health & Information Service

72 John Street, Salisbury 8281 1775

Public hospitals

Flinders Medical Centre

Women's Health Clinic
Flinders Drive, Bedford Park 8204 5197

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

Women's & Children's Hospital

Family Advisory Unit
72 King William Road, North Adelaide 8161 7580

General practitioners

Your 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
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5300
Clinic appointments: 8300 5301

Northern Primary Health Care Team

43 Peachey Road, Davoren Park
Postal address: PO Box 719 Davoren Park SA 5113
Tel: 8256 0700

Southern Primary Health Care Team

19-23 Beach Road, Christies Beach
Postal address: PO Box 330 Christies Beach SA 5165
Tel: 8186 8600

Workforce Development & Resources

64c Woodville Road, Woodville
Postal address: PO Box 76 Woodville SA 5011
Tel: 8300 5317
Email: SHineSACourses@health.sa.gov.au

Library & Resource Centre

64c Woodville Road, Woodville
Postal address: PO Box 76 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)

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Last updated 10 June 2010

SHine SA pamphlets are regularly reviewed and updated.

To download the most recent version visit www.shinesa.org.au

Information on abortion in South Australia



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 one day late, most pregnancy tests will work.

Home pregnancy testing kits are available at pharmacies 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.

How is an abortion done?

In South Australia there are two methods available, medical and surgical.

Medical abortion involves taking medication to cause a miscarriage. This causes cramping and bleeding. This method needs follow-up with blood tests and/or an ultrasound scan to check it has worked. In 2–5% of cases an operation may be required.

Surgical abortion is an operation done under anaesthetic. This can cause some cramping and bleeding afterwards.

When can I have an abortion?

Medical abortion can be done from 4–6 weeks up to 9 weeks after your last period.

Surgical abortion can be done from 4–6 weeks up to 22 weeks after your last period. However, abortions from 14–22 weeks are more complicated and in South Australia most are done at the Pregnancy Advisory Centre.

Who has to know about the abortion?

All information about you will be treated in confidence by the health care staff involved in your care, unless child abuse or sexual assault is suspected. You may find it comforting to confide in a friend, family member or partner regarding your decision, but you don't have to if you don't want to.

However, you will need someone to go home with you and be with you for 24 hours in case of emergency. If you do not have such support, you may be able to stay in hospital instead.

How much does it cost?

If you have a Medicare card, abortions are free at the Pregnancy Advisory Centre and public hospitals.

Surgical abortions are 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 the costs will be refunded.

If you are an overseas student with Overseas Student Health Cover, abortions are free. If you are under 12 weeks you will be advised to attend one of the following hospitals for your treatment: Women's & Children's; Lyell McEwin; Flinders Medical Centre. If you are over 12 weeks you can attend the Pregnancy Advisory Centre.

Is abortion legal in South Australia?

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

Abortions later than 12–14 weeks of pregnancy are provided at the Pregnancy Advisory Centre.

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 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 are the risks?

The majority of women have no complications. Abortion performed before 14 weeks of pregnancy is a simple, safe procedure. As with any procedure there are some risks and it is important to be aware of these.

- **Bleeding** (retained tissue)
The uterus may not be completely emptied, causing heavy bleeding and cramping pains. This is more common with medical abortion and further treatment may be required.
- **Infection**
There's a small risk of infection, which can be treated with antibiotics. Signs of infection are abdominal pain, fever and unpleasant smelling vaginal discharge.
- **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.

If you have any concerns, get medical advice immediately.

What happens after the abortion?

Most women recover quickly after an abortion. 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 your doctor, SHine SA, Pregnancy Advisory Centre or the hospital.

If you have any emotional concerns, counselling is available at the Pregnancy Advisory Centre and SHine SA. Self-help information is also available from:

- Relationships Australia library and bookshop
49a Orsmond Street, Hindmarsh
- Pregnancy Advisory Centre website
www.pregnancyadvisorycentre.com.au