

Counselling...

At some time in their lives, some women are faced with making a decision they never expected to make. This choice may be straightforward for some, for others the decision may be quite difficult, perhaps the most difficult they will ever make. Our doctors and staff respect the individual and private choice of every woman and are committed to providing a safe and supportive environment for those women seeking termination of pregnancy. The key goal of pregnancy counselling is to encourage you to make your own personal decision and feel comfortable with the decision you have made. Counselling is also designed to limit regret and long-term psychological consequences by exploring alternatives and resolving ambivalence.

If you decide to terminate the pregnancy, the operative procedure will be explained, including possible complications and after care. If you decide to continue the pregnancy, you should see your local doctor or local hospital for antenatal care, and if needed see a social worker. Other goals of counselling include providing contraceptive education, to provide a supportive, non-judgemental atmosphere that allows you to explore your feelings about your pregnancy, to provide emotional support for your decision, and to examine the factors that are involved in the decision making process.

Your decision...

SGC specialises in first trimester pregnancy termination up to 14 weeks. If you are sure of your decision, phone us for an appointment. If you are finding the decision difficult and would like some advice, make an appointment to see our doctor to discuss your options. Further counselling may be arranged, if required.

Our Services...

We are dedicated in providing an unbiased, sympathetic and caring atmosphere. Our policy is to provide health care for patients in an environment no different to other surgical procedures. Confidentiality is considered to be of paramount importance. Our clerical, nursing and medical staff have extensive experience. Expert doctors are available at all centres.

After you arrive...

You will be asked to provide your details and will have an opportunity to read some comprehensive information about the procedure and after care. You will then have a consultation with the doctor, who will perform an ultrasound to assess the stage of pregnancy and discuss your options. During this consultation, contraceptive advice is available and you will have the opportunity to ask any questions. Before your procedure you will also have a consultation with the doctor giving your anaesthetic.

The Procedure...

A termination of pregnancy is a very quick & safe procedure taking about 5-10 minutes. A twilight anaesthetic is given intravenously, which is a form of sedation. You are still asleep but breathing on your own, making it a very safe form of anaesthesia. You have no pain and most people do not have any memory of the procedure. It wears off rapidly so the total time with us is about 2 hours. However, it is important not to drive a motor vehicle until the next day and to have a support person to escort you home.

The pregnancy tissue is removed from the uterus by suction after the cervix (opening to the womb) is dilated (opened slightly). This returns to normal after the procedure. There may be some mild cramping after the procedure that may be relieved by simple analgesic medication.

Afterwards...

A minimum of an hour is spent in a private recovery bay and a support person may join you here. It is recommended to go straight home and rest for the remainder of the day. Do not drive or operate any machinery or make any important decisions. You may return to normal activities the next day. If you intend to start the oral contraceptive pill, it may be commenced the next day. A physical examination is recommended after 10-14 days, with your local doctor. Although complications after the procedure are uncommon, you will be given written advice about any possible problems and how to deal with them. We are available 24 hours a day and suggest you call us first if you have any concerns. Our afterhours number is the same as the surgery number.

Payment...

Payment is required prior to the procedure, by cash. We do not have credit card or EFTPOS facilities.

What do I bring?...

Please bring your Medicare card, your payment, your oral contraceptive pill (if you have it, so we can show you where to start) and some extra underwear. Wear comfortable clothing and please bring someone to escort you home.

And finally, remember...

Because you are having an anaesthetic, it is important not to smoke, eat any food, or drink any liquids for 6 hours before your appointment. You should not drive a motor vehicle until the next day.

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SPECIALIST GYNAECOLOGY CENTRES

