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Options Pregnancy Decision Making Services

Issued by Sexual Health Services

This information will help you if you have recently discovered you are pregnant and are considering your options.

What is an Options appointment?

You may already have an appointment for termination of pregnancy at the hospital. To help you to understand this procedure, information will be provided at your Options appointment.

Your Options appointment gives you an opportunity to talk about your decision regarding your pregnancy.

It gives you time and space to consider and discuss your circumstances. It could be that this is an unplanned or unwanted pregnancy, or that someone close to you does not think it is in your best interests to continue with the pregnancy.

Your options will be:

- Continue with the pregnancy
- Consider adoption
- Terminate the pregnancy

The nurse/doctor at the hospital generally prefer you to have attended an Options appointment before you see them.

Your decision

It is important that you make the best decision for you, and not to please someone else otherwise you may find it difficult coming to terms with the loss of your pregnancy. However, after careful consideration of your physical and emotional health and wellbeing and your social circumstances you may decide termination is your chosen option.

Whatever your decision, the nurse will support you and give you the information you need. A referral can be made for financial, housing, social or more emotional support to enable you to continue with this pregnancy if necessary.

We work closely with hospital staff and the Teenage Pregnancy team, if it is needed, and want to assure you that your Options appointment will be non-judgemental and supportive.

We do not need to know your decision after your Options appointment.

Where will my Options appointment take place?

If you live in North Tyneside:

One to One Centre
Brenkley Avenue
Shiremoor
Newcastle upon Tyne
NE27 0PR
Telephone: 0191 297 0441

Monday to Friday 9am to 7.30pm
Saturday 10.30am to 1.30pm.

If you live in Northumberland:

Northumberland Sexual Health Services
Morpeth Clinic
Gas House Lane
Morpeth
Northumberland
NE61 1SR
Telephone: 01670 515151

Times

Monday 8.30am to 5pm
Tuesday 8.30am to 7pm
Wednesday 8.30am to 8.30pm
Thursday 8.30am to 7pm
Friday 8.30am to 4.30pm.

Where can I get further support?

If you decide to continue with your pregnancy, you will need to contact your GP's midwife to arrange ante-natal care and cancel your termination appointment by telephoning the relevant hospital.

North Tyneside General Hospital (Ward 1) 0191 293 2568

Wansbeck General Hospital (Ward 10) 01670 564172

Hexham General Hospital (Women's Health) 01434 655353

If you decide to proceed with the termination you may require emotional support in the future. Please telephone one of the numbers below to arrange an appointment with a trained and experienced counsellor should the need arise.

North Tyneside

One to One Centre 0191 2979833
Monday to Friday 8am to 6pm.

Northumberland

Obstetrics and gynaecology department
at Wansbeck General Hospital 01670 564149.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 581/V2

Review date: February 2017

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