

THINK YOU MIGHT BE PREGNANT?

Free services for Bristol, North Somerset & South Gloucestershire

Have you completed a pregnancy test?

YES I have a positive test result
- go to Pregnancy options on **page 2**

NO

Have you had unprotected sex within the last 5 days?

Did not use a condom or contraception or had a contraceptive failure (e.g. burst condom, missed pills etc.)

NO

NO Do a Pregnancy Test

For a reliable negative result - do a pregnancy test if the unprotected sex was more than 3 weeks ago or if your period is more than 7 days late.

- You can buy test kits online, supermarkets/pharmacies.

For help to do a pregnancy test:

- Contact your local Sexual Health clinic - call **0117 342 6900** or find a clinic: www.unitysexualhealth.co.uk/our-services/services (Under 20s can contact Brook - call **0117 929 0090**)

You might still be able to have an Emergency Copper Coil (IUD) fitted to prevent pregnancy, immediately contact your GP or call Unity Sexual Health to discuss.

Support is available after rape or any kind of sexual assault:

www.survivorpathway.org.uk

Available 24/7, call the **Bridge 0117 342 6999**

SARSAS helpline, call **0808 801 0456** or **0808 801 0464**

Professionals concerned about someone's welfare, follow your safeguarding procedures.

YES Emergency Contraception

If you want to try to stop pregnancy after unprotected sex, get emergency contraception as soon as possible. It must be within 5 days.

Available for free from:

- A pharmacy - some offer this free for under 25s

Text '**Pharmacy emergency contraception** [and your **post code**]' to **80011** for a reply with pharmacy details. Ring the pharmacy to check pharmacist is available.

- Your GP
- Sexual Health clinics
- Urgent Treatment Centre

You can ask about the option for the Emergency Copper Coil (IUD), it is the most effective method of emergency contraception.

It can be fitted up to 5 days after unprotected sex OR up to 5 days after the earliest time you produce an egg (ovulation during menstrual cycle).

It's a good idea to get tested for Sexually Transmitted Infections (STIs)

STI symptoms? OR under age 16?

call Unity Sexual Health on **0117 342 6900**.

www.unitysexualhealth.co.uk

No STI symptoms and over age 16?

Order a test kit online

www.unitysexualhealth.co.uk/request-postal-kit-using-online-account

Or get one from a vending machine:

www.unitysexualhealth.co.uk/our-services/unityvendingmachines

You can ask your GP practice if they have STI test kits available. In secondary schools you can ask the School Nurse.

To find out about local sexual health services and clinics:

www.unitysexualhealth.co.uk Call **0117 342 6900**

www.brook.org.uk (Young people under 20) Call **0117 929 0090**

PREGNANCY OPTIONS

I have had a positive pregnancy test – what are my choices?

There are three options for you to think about:

- Continue with the pregnancy
- Continue with the pregnancy and arrange for adoption or fostering
- End the pregnancy by having an abortion

You may wish to talk to family and friends

You can talk to a health professional confidentially at the **Pregnancy Advisory Service**. To arrange an appointment to discuss your options, please call: **0345 872 5435** (7am-8pm daily) or book online via: www.msichoice.org.uk/book-online

Continue with the Pregnancy

Continue with the pregnancy and arrange adoption or fostering

Having an abortion

- **Contact your GP practice and ask for an appointment to see a midwife for antenatal care.**
- To arrange for adoption or fostering you should still register via your GP for antenatal care and then discuss this with either your GP, midwife or local services. **For information on adoption and fostering visit:** www.bpas.org/abortion-care/considering-abortion/pregnancy-options/adoption

Find a GP here: www.nhs.uk/service-search/find-a-gp

Book an abortion care consultation appointment.

Call: **0345 872 5435** (7am-8pm daily)
or book online:
www.msichoice.org.uk/book-online

What is an abortion?

An abortion is a way to end an unplanned pregnancy. More than 1 in 4 women in England and Wales will have an abortion in their lifetime. All people having an abortion may need one, or more, face to face appointments.

Abortion law and methods

It's legal to have an abortion if doctors agree that it would be better for a woman's health and wellbeing to end the pregnancy than to continue it. Although abortion can be carried out until 24 weeks into pregnancy, 90% of all abortions take place in the first 12 weeks.

- **Medical abortion (at home up to 9 weeks and 6 days OR in hospital up to 18 weeks)**
– involves taking medication to end the pregnancy.
- **Surgical abortion (under a local anaesthetic up to 12 weeks or under general anaesthetic up to 23 weeks and 6 days)**
– involves a surgical procedure to end the pregnancy.

For more information about abortion:
www.unitysexualhealth.co.uk/pregnancy-2/abortion

For more information about pregnancy options: www.unitysexualhealth.co.uk/pregnancy/what-are-my-pregnancy-options