

Pregnancy Advisory Centre

Options when a diagnosis of an abnormality in a pregnancy is made

There are two options for patients who have made the decision to have a termination of pregnancy due to an abnormality, sometimes also known as a fetal abnormality. Where a pregnancy is being ended due to fetal abnormality there can be a lot of medical information to understand at a time of stress.

Often a diagnosis is unable to be confirmed until the second trimester (from 14 weeks of pregnancy), meaning that people can be faced with making further decisions within limited time constraints.

Information about options and time limits can be difficult to remember and to make sense of. A support person can be invaluable at this time, and counsellors along with medical staff at the Pregnancy Advisory Centre are available to offer all the information and support about the termination options and access to these.

Information about the fetal condition that has been diagnosed can occur with your current health practitioner or with a referral to the Maternal Fetal Medicine Unit of SA maternity hospitals or Paediatric and Reproductive Genetics Unit. These services will provide additional support and counselling about decisions associated with the choice of termination.

Termination of pregnancy in the second trimester when a diagnosis of fetal abnormality has been made can occur in two ways depending on the how many weeks the pregnancy is. The Pregnancy Advisory Centre provides a **surgical termination** procedure called a dilatation and evacuation; this can be a 1 or a 2 day procedure. Alternatively, some patients choose to undergo a medical termination which involves an **induction of labour** with their private practitioner in a private hospital or in a public maternity hospital. The health care team at the Pregnancy Advisory Centre will discuss all the information about the two types of termination of pregnancy with clients.

The Pregnancy Advisory Centre accepts referrals for South Australian patients who have had a diagnosis of fetal abnormality wishing to proceed with a surgical termination of pregnancy. A surgical termination in the second trimester of pregnancy is a safe procedure. The medical termination by induction of labour option will occur in a hospital.

The Pregnancy Advisory Centre believes that people should be offered information about both options when considering a termination of pregnancy after a diagnosis of fetal abnormality.

For more information or support please call the ***Paediatric and Reproductive Genetics Unit on 8161 7375*** and/or ***Pregnancy Advisory Centre on 7117 8999***.

For emotional support and other resources visit <https://www.sands.org.au/how-we-provide-support>

For more information
Pregnancy Advisory Centre
Central Adelaide Local Health Network
21 Belmore Terrace
Woodville Park SA 5011
Telephone: (08) 7177 8999 or Free Call 1800 672 966 (country callers only)
www.sahealth.sa.gov.au/AbortionSupportServices

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