

Family Planning

Welfare Association of NT Inc.

ABN 38 812 238 738

Family Planning Welfare Association of the NT Inc exists to provide quality health care and education services in reproductive and sexual health

ABORTION

ARE YOU PREGNANT?

Find out if you really are pregnant before you start worrying. A urine pregnancy can tell you if you are pregnant, but there can be a three week delay from the time of unprotected sex to possible detection of pregnancy. Family Planning can organise a urine pregnancy test for you at one of our clinics. The test only takes a couple of minutes and it gives you a good opportunity to talk about how you feel. Home urine pregnancy test kits are also available from the supermarket and pharmacy. Read the instructions carefully. Alternatively a blood test can be performed, but these are not routinely done.

I'M PREGNANT - WHAT NOW?

If you are not sure what you want to do about the pregnancy and want to discuss your options, you can make an appointment to come into one of our clinics and speak with a nurse or doctor. The website <https://www.childrenbychoice.org.au/> is a good resource to help with decision making.

I'M PREGNANT AND WANT AN ABORTION

In the Northern Territory having an abortion is legal. Medical abortions (abortion pills) and surgical abortions are both available in the NT.

MEDICAL ABORTIONS (ABORTION PILLS)

To get a medical abortion your pregnancy needs to be less than 9 weeks (63 days).

You will need to see a nurse or doctor who will organise an ultrasound (scan), sexually transmitted infection test and some blood tests. These tests need to be done before you get the abortion pills to make sure it is safe to give you a medical abortion. The tests can be arranged by your GP or by our team at Family Planning. If you come to Family Planning for this step, the blood tests and sexually transmitted infection tests will be done at our clinic and the ultrasound will be done at an imaging company. Once these tests have been done, you can make an appointment with a doctor at Family Planning to get the abortion pills.

The abortion pills are called MS2Step and they will be given to you if it is safe to do so. There are two types of tablets that need to be taken two days apart. The Family Planning doctor will explain how to take the tablets.

If you live remote, you will need to stay within a 2 hour drive from an emergency department for a few days, possibly up to one week.

You will need to attend a follow up appointment 1 week after you take the pills. This is very important to make sure the abortion is complete and there have not been any problems. It is a good time to discuss future contraception plans.

If you hold a Medicare Card the cost of an abortion is free. If you do not have a Medicare Card, charges apply.

SURGICAL ABORTIONS

If you would prefer a surgical abortion, your pregnancy is over 9 weeks, or you cannot have a medical abortion because it is not safe, you will need a referral for a surgical abortion. These are currently provided at Palmerston Regional Hospital, Darwin Private Hospital and Alice Springs Hospital. You will need to see a nurse or doctor who will organise an ultrasound, sexually transmitted infection test and some blood tests before you go to the hospital. Family Planning can arrange these tests and the referral for you.

Once the hospital receives your referral, they will contact you and provide you with the details of your appointment date and time. Currently, surgical abortions are done at Palmerston Regional Hospital once a fortnight so you may need to wait up to 2 weeks for this service.

If you live remote, you may be required to stay within a 2 hr drive from an emergency department for possibly up to 3 days.

If you hold a Medicare Card and you go to a public hospital the cost is free. If you choose a private provider, charges apply. If you do not have a Medicare Card, charges apply.

LOOKING AFTER YOURSELF

It is normal to feel a mixture of mixed emotions when proceeding to abortion. It is recommended to have a family member or friend to support you. If you feel like you need more help or counselling, we can arrange referral to an appropriate person.

PREGNANCY OPTIONS NURSE AVAILABLE

Ring 89480144 and press option 2 to speak to our dedicated pregnancy information nurse. She will provide you with further information, answer your questions, start the necessary tests required and book you to visit one of our doctors in Coconut Grove or Palmerston.

Information:

1. Family Planning NT # 08 8948 0144
2. Northern Territory Government website information:
<https://digitallibrary.health.nt.gov.au/prodjspui/handle/10137/1313>
3. Children By Choice: <https://www.childrenbychoice.org.au/>