



These decisions don't need to be rushed. No one should be forcing you to continue or end a pregnancy. This is called reproductive coercion.

Hopefully this guide can help you as part of your decision-making process around your body and your reproductive choices.

Our mission statement

Family Planning Welfare Association of NT will advocate for and provide enhanced reproductive and sexual health and wellbeing to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services



Get in touch with us!

www.fpwnt.com.au

Darwin Clinic - Unit 2, The Clock Tower, Dick Ward Drive Coconut Grove

Palmerston Clinic - Palmerston Health Precinct Complex, 3 Gurd Street Farrar NT 0830

08 8948 0144



Choosing abortion

Info on medical vs surgical abortions



A guide to seeking abortion and to help understand which method will suit best

For anyone considering abortion in the NT

- There is no rush in making a decision
- Many people think that there is an upper limit of 12 or 14 weeks to have an abortion- this is no longer the case.
- If a doctor tells you they have ethical reasons for not providing abortion care they have a legal duty to refer you to somebody who will.
- Abortion providers will offer you contraception to prevent further unplanned pregnancy - use the opportunity to ask questions and find a method that's right for you.
- Before an abortion you will need a dating ultrasound. This referral can be arranged through your GP or through Family Planning.

If you have a medicare card, both options are **free**

If you **do not** have medicare, a medical termination is less expensive

Medical Abortion

- Available up to 9 weeks of pregnancy
- Involves taking two different types of tablets on day 1 and day 3 to cause a termination at home.
- Cramping and bleeding begin after the second tablets (on day 3) and can last for up to 8 hours
- Family Planning provides a pack with pain relief and anti nausea medications
- Follow up can be in person or as a phone call 2 weeks later. You will also have two blood tests during the process (on day 1 and day 7)

Advantages

- Can occur in the comfort of your own home
- Avoids having an operation
- Often able to happen sooner than a surgical termination

Disadvantages

- 5% chance of the abortion not working
- Complications are rare but can include excessive bleeding or infection
- Follow up including blood tests are required to make sure the abortion was successful

Surgical Abortion

- A simple surgical procedure that removes the pregnancy
- Involves most of a day in hospital however the procedure itself usually is short.
- The safest abortion method after 9 weeks
- Requires a sedation to be asleep during the operation.

Advantages

- Can occur in one day with not much follow up required
- You can choose to have an IUD inserted during the procedure if you would like this for long-acting contraception
- Occurs while you are asleep so minimal pain

Disadvantages

- Depending on circumstances some people may need to wait about 4 weeks for an appointment and procedure.
- You need to avoid driving for at least 24 hours after a general anaesthetic
- Involves having an IV drip inserted and being in hospital