



# Termination of pregnancy



**Unplanned pregnancies happen to women of all ages and from all backgrounds. If you decide to have a termination you are not alone.**

Medical and surgical terminations are available in Australia. The procedure the hospital uses is called a medical termination.

To make an appointment for termination of pregnancy at Nepean Hospital, please contact the Antenatal Nurse Unit Manager on 0400 916 318 during business hours, Monday to Friday. If you are unable to attend or need to change your appointment, please contact us as soon as possible.

Only you have the right to decide whether a termination is the best option for you. Your doctor will help you understand the procedure of a medical termination. They will also give you information on any possible risks and complications and what to expect during and after the medical termination.

A midwife will support you through the procedure and a Social Worker will also visit you.

Please ask as many questions as you need to so that you have a clear understanding of the procedure. Our staff are here to support you.

After you meet with your doctor, you will speak with a psychologist or social worker, who can provide counselling and support.

You are welcome to bring a support person with you to your appointment.

Food will be provided while you are on the ward.

We aim to discharge you as soon as you are medically cleared.

## Under 20 weeks' gestation

If your pregnancy is under 20 weeks' gestation on the day of the termination, there is no legal requirement for a cremation or burial. What happens with your baby is a personal choice. Please speak with a Social Worker about arrangements that can be made for your baby.

## Over 20 weeks' gestation

If your pregnancy is over 20 weeks' gestation on the day of the termination, or if your gestational age is unknown and your baby weighs more than 400 grams, you must bury, cremate, or place your baby in a mausoleum.

Your baby will be cared for in the hospital mortuary until you have chosen a funeral director. The funeral director will send your baby's death certificate to the Registry Office of Births, Deaths and Marriages for registration. A social worker can provide you with a list of local funeral directors and crematoriums.

The hospital does not have capacity to provide a memory box or any other form of remembrance relating to the termination. Your funeral director may be able to provide this.

### Contraception

Contraception can help to avoid a future unplanned pregnancy. There are a wide range of contraception methods available. Please discuss this with your doctor or midwife.

### Centrelink payments

If your pregnancy was over 20 weeks' gestation on the day of the termination or your baby weighs more than 400 grams, you may be eligible for a Centrelink bereavement payment. Please call the Centrelink Bereavement Line on 1800 118 388 for more information. A Centrelink form can be provided to you by your midwife.

### Birth certificate

If your pregnancy was over 20 weeks' gestation on the day of the termination, you will receive a copy of the Birth Registration form from your midwife. This form must be completed by the parent or funeral director and mailed or taken to the Births, Deaths and Marriages office.

### Special requests

If you have a special need or request please speak to the midwife looking after you.

### Counselling and support services

Speak to your GP about accessing a mental health care plan. A mental health care plan can give you access to counselling sessions under Medicare.

#### Nepean Hospital

Social Worker **4734 2000** and ask for pager 17331

#### Women's health centres

Penrith Women's Health Centre **4721 8749**

The WASH House Mount Druitt **9677 1962**

Blue Mountains Women's Health Centre  
Katoomba **4782 5133**

#### Community health centres 1800 222 608

Counselling services for children, young people, adults and families. Located in Penrith, Cranebrook, St Marys, St Clair, Springwood and Katoomba

#### Family Planning NSW 1300 658 886

Talkline. Free and confidential information, advice and options on reproductive and sexual health issues.

#### NALAG Centre for Loss and Grief 9489 6644

Grief support telephone service

#### Lifeline 131 114

24 hour crisis telephone service

#### Relationships Australia 1300 364 277 or 4728 4800

Counselling, mediation and family dispute resolution for individuals, families and communities. Offices in Penrith and Richmond.

#### Mens Line 1300 78 99 78

24 hour support, information and referral for men with family and relationship concerns.



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Nepean Blue Mountains  
Local Health District

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**Twitter:** @NBMLHD  
**YouTube:** Nepean Blue Mountains Local Health District