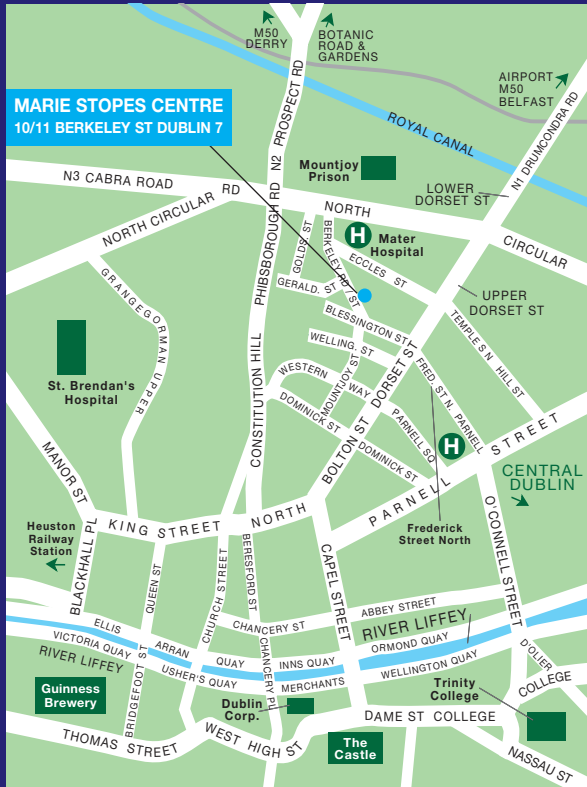


## About Marie Stopes Reproductive Choices

Marie Stopes Reproductive Choices opened its Dublin Centre in 1996 with a clear purpose – to offer women and men a confidential, non judgmental, welcoming environment in which to access expert help concerning sexual and reproductive health.

The centre has seen thousands of people for family planning advice, unplanned pregnancy counselling, vasectomy and health screening. Whichever service you require, you will be assured of convenient appointments, a highly professional team and all the support and guidance you need.



For information and appointments:  
Telephone Dublin (01) 830 0630  
[www.reproductivechoices.ie](http://www.reproductivechoices.ie)

### Marie Stopes Reproductive Choices

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**Company no.**  
252001



# unplanned pregnancy

advice & help

MSRC2/rev0/SP/1.09



**MARIE STOPES**  
Reproductive Choices  
Family Planning Centre

# unplanned pregnancy

Finding out you are pregnant when it was not planned or you do not want to be, can be confusing and stressful.

Marie Stopes Reproductive Choices can offer you all the support and advice you need, we are experienced in helping women in this situation and are completely pro choice – that is we believe it is your right to decide whether you continue with your pregnancy or not.

## I think I'm pregnant!

You should begin by doing a pregnancy test to make sure that you are pregnant, it may be a false alarm. You can normally do a test within a week of missing your period.

- At Reproductive Choices we can provide pregnancy testing
- You can visit your GP or local family planning clinic for a test
- You can buy a home testing kit from a chemist or supermarket. Some chemists may provide pregnancy testing services

## What are my choices?

If the test is positive and you are pregnant, you really need to think about what you want to do. Although it might be difficult, it is best if you can make your decision as soon as possible. You have three choices:

- Continue with the pregnancy and keep the baby
- Continue with the pregnancy and have the baby adopted or fostered
- End the pregnancy through abortion

If you do not wish to continue with the pregnancy, abortion is easier and safer, and you will have more treatment options, the earlier it is carried out.

## Abortion and Irish law

Under the law in Ireland (North and South) abortion is illegal, however many women travel to private clinics in the UK every year, where it is legal up to 24 weeks of pregnancy. Since the 1996 Information Act, Irish law does allow women to ask their doctor or family planning clinic for information about this option.

## How Marie Stopes Reproductive Choices can help

At our Dublin Centre, our team of nurses, doctors and counsellors are all specialists in helping women who have an unplanned pregnancy.

**We believe in your right to choose whether or not to continue with your pregnancy and we will always respect and support your decision.**

## We provide the following unplanned pregnancy services:

- On the spot pregnancy testing
- Counselling if you want to discuss your feelings in a supportive environment
- Medical assessment to check your health
- An ultrasound scan to assess the number of weeks of pregnancy. This is important if you are considering abortion, so that we can explain the treatment choices that you have

## Details of UK clinics and travel

If you decide to have an abortion, we are able to give you the names of UK abortion clinics, details of services, their costs and travel information. We understand that this can be a very difficult time for you and our team are there to give you all the advice and information you need. Please do ask us any questions you have at anytime no matter what they are.

## Post abortion check

At Marie Stopes Reproductive Choices you can rely on us to provide expert advice and help. Pregnancy tests can still be positive up to three weeks after an abortion, (as the pregnancy hormone is still in your system) so it is best not to do a test before this but please do call us if you are worried about anything. After three weeks, if you are still worried or feel that you have continuing signs of pregnancy, we would recommend a simple medical check with our doctor or nurse.

## Post abortion counselling

As well as providing a check up after abortion, we offer women who feel they need extra support the opportunity to talk to a trained counsellor about their feelings.

## Other services Contraception

Whether you have just had a pregnancy scare, or whether you have recently had an abortion, it is important to find a regular method of contraception that suits you and your lifestyle. We will be able to explain all of the contraceptive methods available to you.

## Health screening

We provide a range of services including Well Woman and Well Man health screening, gynaecological and menopausal checks and confidential testing for sexually transmitted infections.

## Vasectomy

For couples whose families are complete or for men who do not wish to have any children we offer a comprehensive vasectomy service.

## Arranging an appointment

For details of our fees and to arrange an appointment please contact us on: **(01) 830 0630** 24 hours  
**[www.reproductivechoices.ie](http://www.reproductivechoices.ie)**