

# Unintended Pregnancy

## What is it?

An unintended pregnancy is a pregnancy that is not planned.

A chance pregnancy brings up a lot of emotions – even for women who know what they want. For some, it can result in a wanted birth. Others may struggle with the idea of a pregnancy, despite wanting to be pregnant in the future or already having children.

Remember, there is no ‘right’ or ‘wrong’ way to proceed. Only you can know what’s best for you and your family. If you are struggling with an unplanned pregnancy, there are services to help.

## What will my GP do now?

After confirming your pregnancy, your GP will discuss your options. You may know what you want to do. Or, you may need more time to think about your plans.

Your GP will also check your general health, risk factors, medicines, and health history.

You may need blood and urine tests as well as a dating scan. Your GP may give you information about managing a healthy pregnancy, as well as foods and substances to avoid.

## What will my GP do in the future?

It’s important you return to your GP when you are ready to discuss your decision and the next steps.

Your GP will plan a follow-up visit to discuss:

- General pregnancy care
- Termination options and follow-up care
- Counselling
- Long-term contraception

Your GP will also talk to you about:

- Future pregnancies
- Cervical pap smear
- Tests, including any results of sexually transmitted infections screens

Talk to your GP about your feelings, and ask about support. Consider counselling as it can help if you are finding it hard to make a decision.

## What can I do?

Dealing with an unintended pregnancy is an emotional time.

- **Take your time** – you don’t have to decide straight away
- **Learn about the options** – so you can make an informed decision
- **Look after your health** – and get any necessary tests done
- **Stop drinking alcohol** – as alcohol can harm a developing baby
- **Speak to a counsellor** – to help you cope

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## What supports are available?

Family Planning NSW can provide support to help you consider your options. Phone **1300 658 886** or visit [fpnsw.org.au](http://fpnsw.org.au) for factsheets, clinic locations, and resources.

### Struggling to cope with your decision

If you're finding it difficult to decide, or deal with your decision, you can contact Marie Stopes International on **1300 003 707**.

### Pregnancy support

The Pregnancy, Birth and Baby Helpline has a range of supports for pregnant women. Phone **1800 882 436** or visit [pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au).

### Private termination clinics

Speak to your GP about private clinics.



## What questions could I ask my doctor?

- How long do I have to decide?
- What if I don't know what to do?
- How will I feel?
- Who can I speak to if I'm not coping?
- If I decide to terminate, who do I talk to?
- If I decide to keep the pregnancy, what are my options?



## Where can I learn more?

- **NSW Government** – Adoption Information: [community.nsw.gov.au](http://community.nsw.gov.au)
- **NSW Health** – Having a Baby booklet (English and other languages available): [health.nsw.gov.au](http://health.nsw.gov.au)
- **NSW Multicultural Health Communication Resources**: [mhcs.health.nsw.gov.au](http://mhcs.health.nsw.gov.au)
- **Children by Choice** – Resources for Women: [childrenbychoice.org.au](http://childrenbychoice.org.au)
- **Family Planning NSW** – Pregnant? Working through your options: [fpnsw.org.au](http://fpnsw.org.au)

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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