



# Early termination of pregnancy: MSI

## Reproductive Choices and other support groups

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**All of our staff here recognise that this is a very difficult time for you. This leaflet will provide you with useful numbers both for MSI Reproductive Choices and different support groups that are available to you.**

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### What next?

If you have decided to undergo the surgical method of stopping your pregnancy, we will submit a referral form to MSI directly. MSI will then contact you to book you an appointment to be seen. The MSI centre we use is located on Leiden Rd, Headington, Oxford OX3 8RZ. They usually contact you quite quickly and have an appointment available for you within a week of speaking with you.

During your phone call to MSI Reproductive Choices, the staff will arrange your procedure date and discuss further details of what you can expect. MSI will then contact us to let us know once you have been seen and the procedure completed.

After your procedure you may experience a level of discomfort and/ or bleeding. It is important to know that if you have any non-urgent concerns then you can speak with MSI, however if you have urgent concerns that need immediate attention you must attend A&E at the nearest hospital to you.

It is normal to feel physically or emotionally low for a while and over time this will gradually improve, however it is important to speak to someone if you feel that your emotional and physical wellbeing are not improving. Look after yourself and give yourself time to recover and please either contact your own GP or one of the support groups listed below. Please do feel free to contact the bereavement midwife if you would like to know more about ways to remember your baby.

It may seem far away at this time, but if you wanted to plan future pregnancies, we recommend waiting for at least one normal period after the procedure before trying to become pregnant. In any future pregnancies you have you would be eligible for extra care. It is important to let the community midwife know about your history so that this care can be arranged.

## Where to get further information

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| MSI Reproductive Choices <a href="https://www.msichoice.org">https://www.msichoice.org</a><br>☎ 0345 300 8090 or email <a href="mailto:services@msichoice.org.uk">services@msichoice.org.uk</a>                                                             |  |
| ARC (Antenatal Results and Choices) offer information and support to parents in your situation.<br>☎ 0207 713 7486 or text 07908 68300 (Mon – Fri 10:00hrs to 17:30hrs) or visit their website at <a href="http://www.arc-uk.org">http://www.arc-uk.org</a> |  |
| The Willows Support Group: <a href="http://www.willowssupportgroup.co.uk">www.willowssupportgroup.co.uk</a>                                                                                                                                                 |  |
| RBFT Bereavement Midwife ☎ 07500 123 912                                                                                                                                                                                                                    |                                                                                     |
| Talking Therapies ☎ 0300 365 2000                                                                                                                                                                                                                           |                                                                                     |

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT Maternity Unit, AN Screening MW & Bereavement MW, November 2008

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Next review due: October 2028

### Our Maternity Strategy and Vision

*'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'*

You can read our maternity strategy here

