



Royal Berkshire  
NHS Foundation Trust

# Early termination of pregnancy:

British Pregnancy Advisory  
Service (BPAS) 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 BPAS and different support groups that are available to you.**

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## **What happens next?**

We will inform your GP and community midwife of your decision.

You will need to phone BPAS on 03454 370 360 for a consultation. BPAS will advise you on the nearest centre to best meet your needs in your circumstances. They will offer you both medical and surgical termination of pregnancy. There is lots of useful information on their website <https://www.bpas.org/more-services-information/fetal-anomaly-care/>

During your phone call to BPAS, the staff will explain what will happen for you to be offered a date to attend for the procedure. At around 6-8 weeks after the procedure, you will receive a letter from the fetal medicine team at the Royal Berkshire Hospital. This letter will provide a detailed review of the outcome of the pregnancy and advise on any extra support needed in the future. We recommend that you have one normal period before trying for another baby.

You will be given contact numbers to organise early scans in the next pregnancy.

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.

## **Where to get further information**

- ARC (Antenatal Results and Choices) offer information and support to parents in your situation. Phone 0845 077 2290 or 0207 713 7486 via mobile or go to their website at <http://www.arc-uk.org>
- The Willows Support Group: [www.willowssupportgroup.co.uk](http://www.willowssupportgroup.co.uk)
- Talking Therapies 0300 365 2000
- RBFT Bereavement Midwife : 07500 123 912

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.**

AN Screening / Bereavement MW, November 2008

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Next review due: May 2026

### 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

