

DECIDE

National Abortion
Telehealth Service

Considering abortion?

If you need abortion services or advice about your options if you're pregnant when you weren't expecting to be, contact **DECIDE**.

DECIDE.org.nz has all the information you need, or you can talk to us.

Did you know?

- Most abortion services are free for New Zealand citizens and residents.
- If you know you want to have an abortion, you can contact your local abortion provider yourself. You don't need to be referred to a provider.

Contact DECIDE



Free call **0800 DECIDE** (0800 332 433) or use our live web chat, 8am-6pm Monday to Friday and 9am-1pm Saturday.

It's private and confidential.

Our friendly team can help you with general enquiries. You can remain anonymous if you want. If you're seeking clinical advice, you'll be asked for some personal information.

Video call option available.



Deaf, hard of hearing, deaf-blind or speech-impaired? You can use NZ Relay to contact us.

Abortion and your rights

No one can force you to have an abortion or to continue a pregnancy.

Any pregnant person can have an abortion at any age, so long as you can give informed consent. This means you understand what is happening and can agree to it.

- It's your choice who you tell about your pregnancy or abortion. No one will be told without your permission.
- You don't have to go to counselling to have an abortion, but it's available to you if you need to talk about your options or decision.
- If you decide to have an abortion, quality abortion providers support you to uphold your tikanga Māori or cultural practice.

Provided by:



**Sexual Wellbeing
Aotearoa**

sexualwellbeing.org.nz

**MAGMA
HEALTHCARE**

**Health New Zealand
Te Whatu Ora**



DECIDE.org.nz

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Abortion types

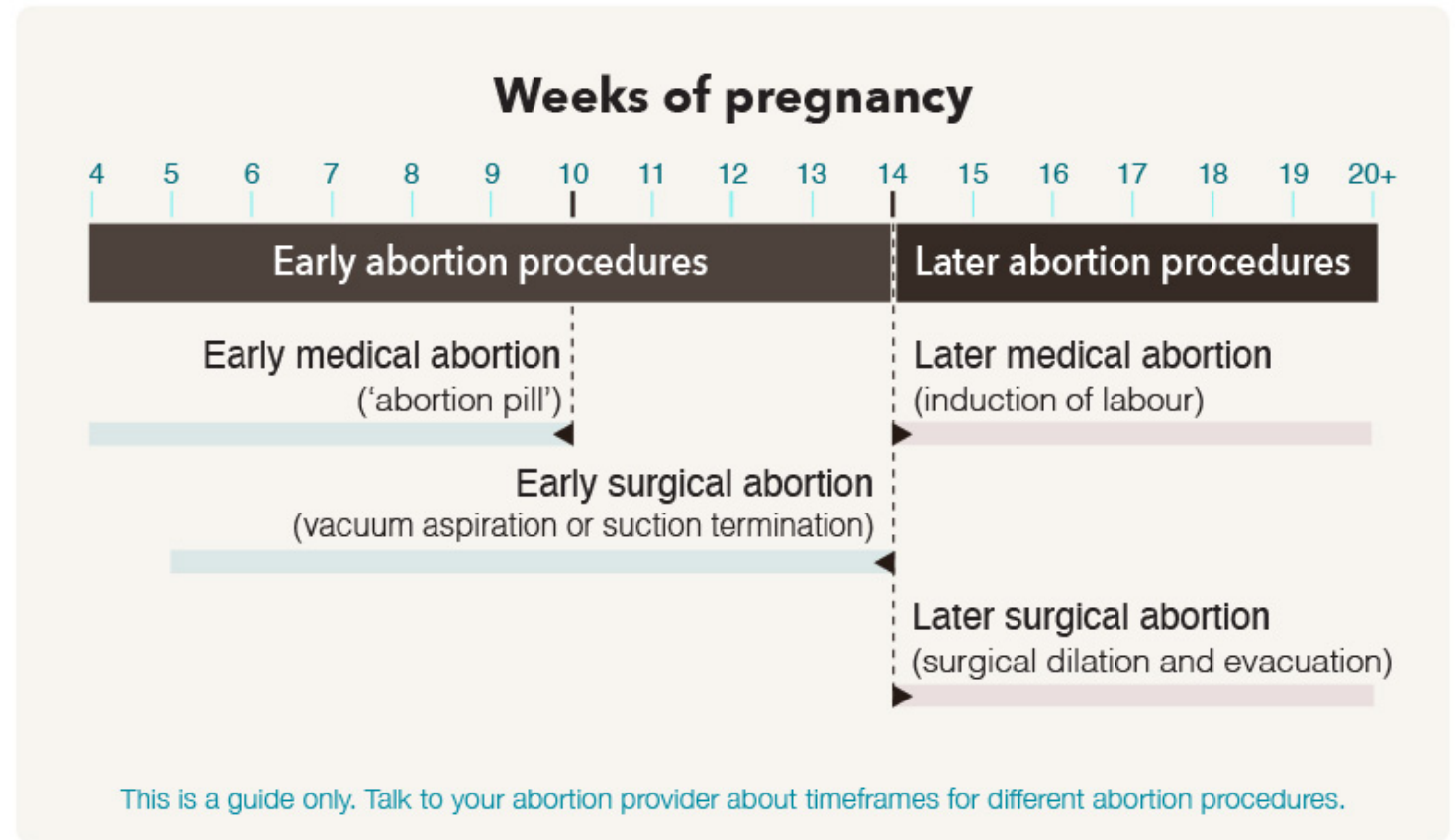
The type(s) of abortion available to you will depend on how many weeks pregnant you are, your medical history and what is offered in your region. Visit [DECIDE.org.nz](https://decide.org.nz) for more detail or talk to your local abortion provider about what is possible.

Early medical abortion (EMA)

- An option in the **first nine to 10 weeks of pregnancy** (depends on the provider).
- You take two medicines to cause a miscarriage. It can feel like a heavy and painful period. No surgery or anaesthetic is involved. Usually, the pregnancy passes at home.

Early surgical abortion

- An option in the **first 13 to 15 weeks of pregnancy** (depends on the provider).
- You take medicines and the pregnancy is removed by suction in a hospital or clinic. It can be done awake or asleep. Usually you go home on the same day.



Later medical abortion

- An option **after about 14 weeks of pregnancy** (depends on the provider).
- It's like an early medical abortion, but the medicines you take are stronger and it happens in a hospital or specialist clinic. Usually you go home on the same day.

Later surgical abortion

- An option **after about 14 weeks of pregnancy** (depends on the provider).
- You take medicines and the pregnancy is removed by suction and medical instruments in a hospital or specialist clinic. General anaesthetic is used so you are asleep. Usually you go home on the same day. You may need to stay overnight.