



Choosing to end your pregnancy

Please note that there are rules about ending a pregnancy in Queensland. The doctors will advise you of the options available.

Choosing to end a pregnancy is an extremely difficult decision. You love your baby and your baby is very much wanted. When you find out your baby's diagnosis, you may be given a large amount of information to take in. Take your time to make this decision. It needs to be a decision that is right for you and your family.

Things that may be considered are your religious beliefs, the quality of life of your baby, your baby's siblings, and the medical needs of the baby if you continue with the pregnancy. You may also consider how you would tell friends and extended family if you choose to end the pregnancy.

Get as much information as possible from your medical team. Ask for a second opinion. If you feel too overwhelmed to ask questions there and then, ask to schedule an appointment on another day, after you have had a chance to process the news.

Ask your medical team about the procedure that would be used to cease pregnancy. Two different procedures are used, based on the gestational age of your baby.

Surgical termination

Surgical termination involves a dilation and curettage, or a dilation and evacuation. Generally, you would be under aesthetic for this procedure. There may be limited options for memories to be captured.

Induction of labour

If your baby is of older gestation age, the labour can be induced. This means that you will go through labour and deliver your baby. This way a family can spend some time with their baby after birth.

Whichever procedure is applicable to you and your baby, you may want to read the section "What if my baby dies?", as it is important that you prepare yourself, and that you find ways to create memories.

Counselling and practical support

When deciding to cease your pregnancy, the facility should provide you with counselling. You may want to seek extra counselling for you and your family, especially if there are conflicting beliefs about ending the pregnancy.

Depending on your hospital, a social worker may be assigned to you and your family. You should also talk to your family members or close friends to see what they can do to help. They may be able to help you with things such as cleaning, cooking and help with any siblings. You may also want to look at joining a support group for parents who have been through a similar experience.