

## Why choose Private?

- Established in 1974, AMAC is NZ's longest serving abortion service provider
- Surgical procedures at 6-12 weeks of pregnancy
- Early & timely intervention
- Individualised care in comfortable surroundings
- Experienced, non-judgmental staff

## Timely service Provision

At AMAC we understand early abortion access is the preference of most women who are unable to continue their pregnancy. We strive to ensure an appointment is offered within 5 working days.

## Preparing for your AMAC appointment

### Plan ahead

Carefully read this brochure assist us to help you have the least stressful day possible.

Plan to be at the clinic for a minimum of 3 hours on the first visit and where applicable, an hour on the second visit.

At least several days before your appointment, you need to consider and arrange the following:

### Required Tests have been completed?

- Blood group Rh status & Haemoglobin
- Chlamydia swab
- High vaginal swab
- Ultrasound report
- Letter of referral from doctor

## Childcare

Please arrange appropriate reliable childcare for the treatment days. To ensure a restful environment for yourself and others we do not allow children or babies into the clinic. On the treatment day, childcare & after school pick-ups day is advised.

## Translators

If your English language is insufficient for the interviews & informed consent, for your safety & wellbeing you must arrange a neutral translator to accompany you. They must be fluent in both English & your first language. Family members and partners are not acceptable as neutral translators.

## Support people

Arrange a support person to keep you company and drive you home.

You must not drive for the next 12 hours due to medications used during the procedure.

## Breast feeding mothers

Express & store sufficient breast milk for the duration of the treatment & for a further week. Medicines can pass into the breast milk & may cause undesirable side effects to your baby, therefore we advise it is ideal not to breastfeeding during this time.

## The day of your appointment

### Food & drink

Eat breakfast as normal.

### What to bring with you

- Anything given to you by your doctor
- A spare pair of underwear
- Proof of health care status (your passport, birth certificate) to prove eligibility for N.Z health care subsidies
- Treatment fees for procedure & prescription (personal cheques & payment by account are not accepted)

## On Arrival at AMAC

Auckland traffic congestion is a huge problem. Please allow plenty of traveling time to arrive at your scheduled appointment time. We will not inconvenience other patients if you arrive late. Unfortunately late arrivals experience unavoidable waiting or rescheduling of the appointment to a later date which may be too late for medical abortion.

## Admission

Our receptionist will admit you to the clinic assist with admission forms & show you to your own room.

## Counselling

Counselling is a helping interactive process, which some women need & find beneficial. It is offered to all women, not forced. The decision is yours.

## Assessment

You will receive support from a nurse or a nurse/counsellor. The nurse ensures you have all the required information to make an informed decision. She will discuss & document your medical & social history for the two certifying consultants. Once the interview is complete, you will have time for a short break.

## Certifying Consultants

Next you will meet the two Consultants (doctors). Usually the first doctor you see is also your emergency contact doctor. The doctors will discuss your request for abortion, and clarify any questions, prescribe medications and assist you with any future contraception needs. If they believe you meet the legal criteria, the abortion can proceed.

Please be aware both doctors must approve the abortion. Neither doctor will approve your abortion to proceed if there is any doubt you are unsure of your decision or they believe the decision is not yours.

If you are declined by either consultant you will only be charged for services received to that point. A future re-assessment appointment can be scheduled.

Following the approval of the abortion, Mifepristone (the abortion pill) will be administered. Mifepristone must be taken at our clinic. We require you to stay about 30 minutes, to ensure there are no adverse reactions to the medication. You will be discharged with written instructions on how to take care of yourself, emergency contact numbers, and an appointment time and date if a second visit is required.

For full details about the Medical procedure will be provided on the day & are also available on our website ([www.amac.org.nz](http://www.amac.org.nz)).

## 2<sup>nd</sup> Medication

NZ law stipulates that the second tablets must be taken in a licenced facility rather than at home.

There is a choice of taking the 2<sup>nd</sup> medication (Misoprostol tablets) either at **the same time** as the first medicine (only if less than 7 weeks pregnant), or **one - two days later**. The staff will advise you of your options depending on the stage of your pregnancy.

Approximately 30 minutes after the taking the medication, you will leave the clinic to complete the abortion process at home, with telephone support from our medical team. You will be discharged with written instructions, laboratory blood tests forms and follow-up instructions.

It is advisable not to drive after taking the second medication in case you start to experience cramps or heavy bleeding. Please arrange a responsible person to drive you home and stay with you until the miscarriage is complete.

## Cancellation of Appointments

If you are unable to keep your scheduled appointment or no longer require it, we would appreciate at least 24 hours' notice of cancellation. This allows others who may be waiting to use that appointment.

## Service Fee

The fee for this procedure is \$1,200 for New Zealanders eligible to subsidised health care or \$1,350 for non-eligible women. Other charges apply for some services such as post-procedure treatment, admission to hospital, scans, blood tests and prescriptions. A detailed schedule of fees is available from our web site.

*(Subsidised health care applies to New Zealand born, NZ citizen, NZ permanent resident or an overseas visitor with a continuous twenty four months' work permit or a combined student visa and current work visa for a continuous 24 month period).*

## Payment

The full fee is payable at the first appointment in (around midday). EFTPOS, Visa, Cash or MasterCard are accepted. We do not accept personal/ business cheques, payment by account or time payments.

## Protestors

This is infrequent but can occur at random. If you have any concerns, call AMAC for assistance.

## Cell Phones

For the privacy of yourself and others the use of camera or recording function on phones is absolutely prohibited in all areas of the clinic. All cell phones must be switched to silent mode. Local telephone calls can be made at no cost from reception.

## Directions to AMAC

### Auckland patients

We are at the city end of Dominion Rd Mt. Eden, directly opposite Eden Quarter shopping complex (Enter 283 dominion rd. into google maps or GPS).

## Car Parking

AMAC parking is behind the clinic, accessed by a driveway at the side of the building, directly opposite ASB bank. Only use AMAC marked spaces, neighbours spaces are tow away which may be enforced. Closed circuit TV security cameras are in operation for your safety. However, AMAC takes no responsibility for damage/theft of vehicles or property on the car park. Parking is at your own risk.



## PRIVATE MEDICAL TERMINATION OF PREGNANCY SERVICES

### APPOINTMENT BROCHURE



OFFICE HOURS – MONDAY TO THURSDAY  
8:30AM – 4.30 PM  
FRIDAY 8:30AM – 4.00 PM

1<sup>ST</sup> FLOOR 283-289 DOMINION RD  
MT. EDEN AUCKLAND  
TEL: (09) 638 6040 OR (09) 638 6041  
EMAIL: RECEPTION@AMAC.ORG.NZ  
FAX: (09) 631 0451  
[www.amac.org.nz](http://www.amac.org.nz)

### (Updated May 2019) Appointment times:

Date: .....

Day: ..... Time:.....

Date: .....

Day: ..... Time:.....