

The Pregnant Person's Version

Hello there. Come on in. I'm Sue, one of the nurses.

Right – so you are eight weeks and one day today.

What are you going to do about contraception?

Um, Sue, I'm still pregnant.

Even though I'm sure of my decision

The timing of that conversation requires some precision.

You haven't yet asked me about my partner, who said he doesn't want a baby.

For a few weeks now, I've been thinking parenting could be a maybe.

You haven't asked me about my parent's disappointment

Or how I got to this appointment.

It's four hours away from my home

And I'm too young to even drive here on my own.

You haven't asked me if I was taking the pill

Or even if I could be here against my will.

You haven't asked me if I need any support,

Or even if this procedure is something I can afford.

You haven't asked me if I'm okay

You just seem really focussed on “which method of contraception will you be commencing, before you leave here today.”

We could insert an Implanon into your arm. It's been researched and proven that it causes no harm.

You could have the method that works for five years, called an IUD

It might just suit you to a tea.

How about an injection-it lasts 3 months

It's name is Depo

No Sue, thanks, but just no.

Now that my relationship has ended, I don't actually need any
Contraception.

It will be a long while before I'll be interested in any affection.

Plus, my body doesn't go well with hormones.

Please Sue, don't give me that tone.

I understand now, I could have exercised more caution.

But for now, I just really need to get through this abortion.

As a nurse, who has also had a termination, it has really paved
The foundation.

I understand people need to be treated with dignity and respect.

The language that health providers use can have a lasting effect.

While focussing on contraception is a must

We have to trust

That people are the expert on their own life and choice

Enable people to use their own voice.

When speaking with the pregnant person, make sure you truly listen to their
Version.

Of course, contraception planning is an important conversation

But we also need to leave space for self-determination.

Be holistic

Consider people's wellbeing

Use care to touch each facet,

As a health provider, this is of course your craft and your asset.

Acknowledge your own values and perception

And when providing abortion care, please don't' make the first question

What are you going to do about contraception?

Allison Jones has lived experience of abortion. She is a midwife and sexual
health nurse, providing abortion care at Cairns Sexual Health, Options
Service.

Her poem explores the intricacies and complexity of discussing contraception, in an abortion context-from a consumer and health provider perspective.