

Information for Teenage Girls having Treatment, Procedure or Surgery

What is the leaflet about and who is it for?

It is for girls attending for surgery or treatment. It is designed to make you consider if you could be pregnant and to offer advice.

'Girls of childbearing age' – what does this mean?

This means that it is possible to get pregnant. If you have started your periods you are of childbearing age. If you have had a period but then stopped, or have an irregular cycle, you can also get pregnant.

If you are sexually active it is important that you discuss this with your parent, carer or other trusted adult, your GP school nurse or another health professional. This will enable you to consider how you are going to protect yourself from becoming pregnant and from any infections.

What will you ask me?

If you are going to have an operation, a scan, certain medicines or treatment, a member of staff will ask you whether you have started your periods, and if so, the date of your last period. If you would rather not discuss this in front of your parents, please tell us.

The reason we ask this is that some procedures (such as having a general anaesthetic or those involving x-rays) carry a risk to babies developing in the womb. Our policy is to carry out a pregnancy test on all girls who have started their periods and/or are aged 12 years or over. We are

here to give you the best possible care. We may need to delay or cancel your treatment if we do not carry out the test or the test result is positive.

If you are unwilling or unable to do a wee on the day, then there is the possibility that your treatment might need to be postponed to a later date. The doctor looking after you will discuss the risks of proceeding compared with the benefits proposed by the treatment.

Pregnancy testing - what will happen?

In order for the pregnancy test to be carried out, you will be asked to provide a urine sample for testing. If possible, please try not to pass urine before arriving at the hospital so you will be able to give us a sample.

If you feel unhappy about providing a specimen please discuss this with your parents/carers if you feel able and the nurses and doctors looking after you.

Will everything I say be kept confidential?

Staff looking after you will share information with the other nurses and doctors in order to ensure that you receive the best possible care. If you tell a member of staff something that you do not want to be shared with other members of the team, or your parent or carers, then please let them know what you would like kept private. Staff can respect this wish, unless they think that your health, safety or welfare is at risk. If this is the case, staff will explain why and who they feel they have to share the information with.

Who can I talk to if I have questions?

You can talk through your concerns with your parents or carers, relatives or friends. Your doctor and nurse will chat to you if you are worried and try to answer your questions. There are also nurses on Bramble Ward (the children's Ward) who can talk to you about your sexual health if you would like. Other people who will be able to help could include your teacher, school nurse or family doctor (GP).

You can speak to a nurse before admission to Bramble or Heavitree Day Case Unit if you have any questions or wish to discuss anything about your admission.

Bramble Blue Team

01392 402681 or 01392 402571

Sometimes Blue is closed so contact:

Bramble Yellow Team

01392 402679 or 01392 402678

Heavitree Day Case Unit

01392 405301

There are also some organisations and websites you could contact:

FPA – the sexual health charity

Helpline: 0845 122 8690
Monday to Friday 9am-6pm

Website: www.fpa.org.uk

Brook – for young people

Helpline: 0808 802 1234
Monday to Friday 9am to 7pm

Website: www.brook.org.uk

Teenage Health Freak

Website: www.teenagehealthfreak.org

Children First for Health

Website: www.childrenfirst.nhs.uk

Child Line 0800 1111

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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