Planned Parenthood®
Orange and San Bernardino Counties
MELODY™
WOMEN'S HEALTH
OR 714.922.4100 | SB 909.890.5511

Pregnancy Options

You have options. We can help.
Pregnancy is a big event in a person's life. Many people want to have children at some point. But many prefer to wait until they are ready and able.

Each year, millions of people get pregnant without planning to be. In fact, half of all pregnancies in the United States are not planned.

I may be pregnant. What should I do?
If you think you may be pregnant, the **first step** is to take a pregnancy test. You can do that with an at-home pregnancy test or you can go to a Planned Parenthood health center.

- **If your pregnancy test is <u>negative</u>,** that means you are **not** pregnant. This is a good time to think about your **options for** birth control. Birth control can lower your chance of getting pregnant. Our health care providers are here to help.
    - It may also be too early to tell if you are pregnant. Pregnancy tests are most accurate when you take them after you've already missed your period. Take a pregnancy test 3 weeks after sex for the most accurate results.

- **If the test is <u>positive</u>,** that means you are pregnant. You have 3 options to think about — parenting, adoption, or abortion.

Learn about your options
Learn all you can about each option. This webpage is a good starting point. Your provider can give you facts to help you make the best choice for you.

Talk it over
Only **you** can decide which choice is right for you. But you may find it helpful to discuss your options with someone else. Pick someone you trust and who will support you. You may want to talk with your partner, a family member, or a friend. You can also talk with your health care provider.

Think it over
Weigh the pros and cons of each option. Think about your feelings and values. Also think about what you want for your life and for your family.

If you choose to stay pregnant
If you choose to stay pregnant, be sure to get good prenatal care. That means taking care of yourself and your pregnancy:

- Visit a health care provider as soon as you can.
- Get one or more checkups each month.

- Get tests to check your health and your pregnancy.
- Don't drink alcohol or smoke.
- Eat healthy foods.

We can tell you where to get help with money, health insurance, breastfeeding, and food. We can also help you find pregnancy and parenting support.

If you don't feel ready to raise a child and don't want to have an abortion, you may want to think about adoption. That means you give your child to another person or a couple. Adoption can be set up through a public or private agency. The agency may help you with your costs. Adoption resources can be found in our **Community Resource Guide.**

Planned Parenthood WIC offers support for pregnant women who qualify. Learn more at ***GetWIC.org***.

If you choose to end your pregnancy
If you decide to have an abortion, get it as soon as you can. Abortion is safe, and problems are rare. But the sooner you get it, the less likely you are to have problems.

We offer 2 ways to end a pregnancy: a medication abortion (also called "abortion pill") or an in-health center abortion. Our skilled health care providers can talk with you about these choices without judgement.

The Safely Surrendered Baby Law offers a safe option for mothers who cannot or do not want to keep their new babies. The law lets parents or legal guardians leave a newborn within 72 hours of birth at certain places (such as hospitals and some fire stations). The person leaving the baby will face no questions or legal problems. To learn more, call (877) BABY.SAF. (877) 222-9723. Or go to **babysafe.ca.gov**.

To set up a visit at one of our health centers, please call:
Orange County: (714) 922-4100
San Bernardino County: (909) 890-5511

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Early Pregnancy Symptoms

Your body goes through many changes when you become pregnant. While most of these changes lead to symptoms that are normal and expected, others may warn of a problem.

Some pregnant women have just a few or even none of these symptoms. This is also normal.

What are normal symptoms of early pregnancy?

- Feeling pressure or mild cramps in your lower belly that are similar to your period
- Light spotting from your vagina without cramps or belly pain
- Frequent urination (peeing more often)
- Feeling tired and sleeping more than usual
- Soreness and / or swelling of your breasts
- Changes in mood
- Mild nausea and vomiting
- Whitish or milky discharge from your vagina
- Heartburn or an upset stomach
- Bloating
- Constipation (trouble moving your bowels)
- More headaches than usual
- Mild dizziness or feeling lightheaded

When should I call my doctor or nurse?

Call your doctor or nurse **immediately** if you have any of the following symptoms. If you cannot speak to them right away, go to the emergency room.

- Pain in your lower belly (usually only on one side) and/or shoulder pain
- Severe belly pain that does not go away
- Heavy bleeding from your vagina (heavier than your period)

Call your doctor or nurse if you have the any of the following symptoms:

- Severe nausea
- Vomiting more than 2 or 3 times in one day
- Any bleeding from your vagina
- Dizziness that does not go away
- Fainting (passing out)
- Pain when you urinate
- Severe headache
- Discharge from your vagina with unusual color or smell
- Fever higher than 100.4°F

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Abortion Options

	Abortion Pill	In-Clinic Abortion
How well does it work?	8 weeks or less: About 98 out of 100 times From 8 to 9 weeks: About 96 out of 100 times From 9 to 10 weeks: About 91 to 93 out of 100 times	It almost always works - over 99% of the time.
When can it be done?	Up to 10 weeks	Up to 24 weeks
How does it happen?	▪ In the clinic, you take mifepristone. ▪ At home, you take misoprostol 24 to 48 hours later to pass the pregnancy tissue. ▪ You have a follow-up ultrasound or blood draw about a week later to make sure it worked.	▪ In the clinic, your doctor or nurse will use gentle suction to remove the pregnancy. ▪ You will be in a recovery area until it's safe to go home, usually after 15 to 45 minutes. ▪ In most cases, no follow-up appointment is needed.
How long does it take?	Usually 24 hours or less, but it can take up to several days.	About 10 minutes.
How will I feel?	You'll start to have strong cramps and bleeding within 1 to 4 hours after taking the misoprostol. You may have cramping on and off for 1 or 2 more days. You may also have ▪ Fever of 99-100°F ▪ Chills ▪ Diarrhea ▪ Nausea or vomiting ▪ Headache ▪ Dizziness ▪ Back pain ▪ Tiredness	You may feel ▪ Mild to moderate cramping during and after the abortion. You may have cramping on and off for 1 or 2 more days.
What can I do for pain?	Pain medicine is available. Your doctor or nurse will discuss your choices with you.	
How much will I bleed? For how long?	Heavy bleeding with clots is common after taking misoprostol. Bleeding may continue on and off for 4 to 6 weeks.	Light or medium bleeding is common for 1 to 7 days. Bleeding may continue on and off for 4 to 6 weeks.
What are the benefits?	▪ It may feel more natural, like a miscarriage. ▪ Being at home may be more private and comfortable for you.	▪ It is over in a few minutes. ▪ You may have less bleeding than you would with the abortion pill. ▪ Clinic staff is there to support you.
What are the risks?	▪ If it doesn't work, you may need to have a suction procedure to complete the process.	▪ Possible injury to cervix, uterus or other organs. ▪ If it doesn't work, you may need to have a suction procedure to complete the process.

	Abortion Pill	In-Clinic Abortion
	For both procedures, risks include ▪ Pregnancy does not end ▪ Some of the pregnancy left in uterus ▪ Blood clots in uterus ▪ Heavy bleeding ▪ Infection ▪ Allergic reaction to medicines used ▪ Death	
How much does it cost?	▪ Cost ranges from $575-$659 ▪ State funding, private insurance and other funding sources may cover some of the costs.	▪ Cost ranges from $470-$2600 ▪ State funding, private insurance and other funding sources may cover some of the costs.

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NAME _____ DATE _____

Pregnancy test results:

❒ **POSITIVE**

❒ **NEGATIVE**

LMP _____ EDC _____

REMARKS:

_____ _____
Signature Title