

We are here to support you. Please ask us for additional resources or referrals you might need.

Your referral is to: \_\_\_\_\_

# What to do if you are pregnant

*Knowing your options  
can help you decide*

Confirm your pregnancy with a healthcare provider so that you can explore your options.





Almost  $\frac{1}{2}$  of U.S. pregnancies are not planned. **You are NOT alone!**

## Parenting

*Here are the few key things you need to know at the start:*

### How far along you are in your pregnancy:

A doctor's visit can help you find out, or you can count the number of weeks since your last period.

### Who will be your doctor:

Prenatal care (health care that a pregnant woman receives from a doctor or midwife) is the single most important thing you can do for yourself and your developing baby. If you don't have a doctor, we can help you find one.

### Focus on:

- Your health and safety
- Your plan for raising your child
- Eating healthy foods
- Starting a prenatal vitamin early in your pregnancy

**FACT:** Getting prenatal care early in pregnancy helps screen for and manage potential risk factors.

**67%** at of adoptions in the U.S. are **open**, and **33%** are **closed** at the request of the birth mother.

## Adoption

*Adoption is an option if you decide to continue your pregnancy, but choose not to parent.*

### As you are thinking about adoption, you should still focus on:

- Prenatal care
- Eating healthy foods and starting a prenatal vitamin
- Your health and safety

### When choosing an adoption agency, look for one that:

- Is respectful, clear, transparent, and non-judgmental
- Supports you no matter what option you choose
- Answers all of your questions

### Adoption regulations vary by state, but there are three basic options:

**Closed:** birth parents and adoptive parents do not interact.

**Open:** birth parents and adoptive parents may be engaged in a life-long relationship. Most U.S. adoptions are open.

**In-Family:** you work with your family and extended family.

**FACT:** Every birth mother has the right to choose the level of openness she wants in her child's life.

*1 million U.S. women* have abortions per year, and more than **90%** of these abortions take place in the first 12 weeks of pregnancy.

## Ending the Pregnancy

*Abortion is the safe and legal way to end a pregnancy.*

### Most states have regulations on how late you can have an abortion. You might need special services if:

- You are under 18 years old
- You are more than 12 weeks pregnant

**What to know:** Depending on how far along you are in your pregnancy, you might be able to access:

- Medication abortion:** A qualified doctor gives you medication that terminates the pregnancy (only available during the first 10 weeks of pregnancy).
- In-clinic abortion:** A qualified doctor performs the procedure in a clinic. We are happy to talk to you about timing of abortion in our state.

**FACT:** Abortion is very safe when performed by a doctor or with medication. In fact, more complications arise from removing a tooth than from getting an early abortion.



**TALK TO US** about any of these options or any other concerns that you might have, such as domestic violence, sexual assault, HIV, substance use, health care, or family planning. We are here to provide you with quality counseling and referrals.