

**Patient Information:**

## Pregnancy Options

### What Do I Do Now?

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- Options

#### “I’M PREGNANT?!”

If you are pregnant then you may be asking yourself, “What do I do now?”. Although the news of a positive pregnancy test can be shocking and upsetting for some, you should not panic.

While considering your options it is important to avoid alcohol, tobacco, drugs, chemicals, and pesticides because of their harmful effects on the developing fetus. You should also consult with a physician before taking any medication or having any x-ray procedures done.

#### *What are your options?*

Unexpected, unplanned pregnancy can be a scary situation leading to many doubts, questions, and fears. No woman should have to go through such an ordeal alone. Family and friends can often be a source of great support as can professional counselors, religious counselors, and health care providers. However, **the ultimate decision you make regarding your pregnancy is yours and yours alone. No one should make it for you.**

If you are facing such a situation we encourage you to seek the help and support you need. Schiffert Health Center we can provide you with accurate information, compassionate nonjudgmental care, and support for you and your decision. The options you may be considering are:

#### ♦ **Keeping the Pregnancy.**

In this case, possible options might include raising the child together with your partner, raising the child yourself, or putting the child up for adoption. As you discuss and consider this with your support network other options may become evident.

If you decide to continue the pregnancy you may remain in school or take a medical leave of absence and return to school at a later date. Schiffert Health Center can assist you by referral to an obstetrician for prenatal care if you choose to remain in school and/or by acting as your advocate if you decide to withdraw from school.

#### ♦ **Terminating the Pregnancy.**

In this case an abortion can be performed at another health care facility as an outpatient between the 8th and 12th weeks of pregnancy. After the 12th week of pregnancy typically an abortion must be done in a hospital.

If you choose this option Schiffert Health Center can follow-up care and support before and after the procedure.

If you have questions or need further resources, please call 231-6569 and make an appointment with a practitioner in the Women’s Clinic.