

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 negative**, 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 positive**, 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 and talk to your provider about:

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- Any medications you take
- Your medical problems
- Testing for STIs
- Your vaccinations
- Genetic testing
- Get one or more checkups each month.
- Get tests to check your health and your pregnancy.
- Don't drink alcohol or smoke.
- Don't use street drugs.
- Eat healthy foods.
- Avoid fish high in mercury.
- Take folic acid 0.4 mg a day or a prenatal vitamin.
- COVID- 19 Resources
 - [CDC: Pregnant and Recently Pregnant People at Increased Risk for Severe Illness from COVID-19](#)
- Zika in Pregnancy Resources
 - [CDC: Zika During Pregnancy](#)

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.

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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SYMPTOMS OF EARLY PREGNANCY

When the body is pregnant, it goes through many changes. While most of the changes lead to normal or expected symptoms, some changes may warn of a problem.

Some pregnant people 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.

The symptoms listed below may mean there is a problem. Call us or make an appointment if you have

- 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.
- a fever higher than 100.4°F.

Call us right away at Orange 714-922-4122 or San Bernardino 909-915-2076 if you have

- 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).

If you cannot speak to us right away, go to the emergency room.

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ABORTION OPTIONS

	Abortion Pill	In-Clinic Abortion										
How well does it work?	<p>If you use both mifepristone and misoprostol and</p> <table border="1"> <thead> <tr> <th>You are</th> <th>It works about</th> </tr> </thead> <tbody> <tr> <td>8 weeks or less</td> <td>94 to 98 out of 100 times *</td> </tr> <tr> <td>From 8 to 9 weeks</td> <td>94 to 96 out of 100 times *</td> </tr> <tr> <td>From 9 to 10 weeks</td> <td>91 to 99 out of 100 times **</td> </tr> <tr> <td>From 10 to 11 weeks</td> <td>87 to 98 out of 100 times **</td> </tr> </tbody> </table> <p>*Depending on when you take misoprostol **Depending on when you take misoprostol and how many doses</p> <p>Only taking misoprostol doesn't work as well.</p>	You are	It works about	8 weeks or less	94 to 98 out of 100 times *	From 8 to 9 weeks	94 to 96 out of 100 times *	From 9 to 10 weeks	91 to 99 out of 100 times **	From 10 to 11 weeks	87 to 98 out of 100 times **	It almost always works - over 99% of the time.
You are	It works about											
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When can it be done?	Up to 11 weeks	Up to 24 weeks										
How does it happen?	<ul style="list-style-type: none"> Most of the time you take mifepristone, then you take misoprostol up to 48 hours later to pass the pregnancy tissue. Sometimes, misoprostol can be used alone. You have a follow-up ultrasound, blood test or urine pregnancy test to make sure it worked. 	<ul style="list-style-type: none"> 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 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?	<p>You may 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</p> <ul style="list-style-type: none"> Fever of 99-100°F Headache Chills Dizziness Diarrhea Back pain Nausea or vomiting Tiredness 	<p>You may feel</p> <ul style="list-style-type: none"> 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. We 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?	<ul style="list-style-type: none"> It may feel more natural, like a miscarriage. You may not need to be in the clinic to take the medicines. 	<ul style="list-style-type: none"> 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?	<ul style="list-style-type: none"> If it doesn't work, you may need to take more medicine or have a suction procedure to 	<ul style="list-style-type: none"> Possible injury to cervix, uterus or other organs. If it doesn't work, you may need to have a 										

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	Abortion Pill	In-Clinic Abortion
	complete the process.	suction procedure to complete the process.
	Risks of both procedures are <ul style="list-style-type: none"> • Pregnancy does not end • Some of the pregnancy left in uterus • Blood clots in uterus • Heavy bleeding 	
How much does it cost?	<ul style="list-style-type: none"> • Cost ranges from \$600 to \$750. • State funding, private insurance and other funding sources may cover some of the costs. 	<ul style="list-style-type: none"> • Infection • Allergic reaction to medicines used • Death

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Pregnancy Access Bridge

Overview

Prenatal care is a very important first step in having a healthy baby. As partners in your care, we want to show you what you will need for a healthy pregnancy.

The Pregnancy Access Bridge (“Bridge”) visit takes place in between your positive pregnancy test and your first prenatal visit with your prenatal provider.

The appointment is not a substitute for prenatal care and it is important to continue with a prenatal provider to get the full range of tests that you need.

Tests and Lab Work

At your Planned Parenthood Bridge appointment, we offer the following services:

- An ultrasound that tells you how far along you are
- Gonorrhea test
- Chlamydia test
- HIV test
- Syphilis test
- Hepatitis C test
- Flu shot (if available)

Here is a list of the additional things your prenatal provider might test for when you start prenatal care:

- Anemia (low iron)
- Blood type
- Hepatitis
- Urinary Tract Infection (UTI)
- Measles or mumps
- Diabetes
- Genetic testing for conditions like Down Syndrome
- Cervical cancer (pap smear)

Important Steps For Prenatal Care

1. Apply for ongoing Medi-Cal or other health insurance coverage.
 - ✓ By telephone
 - San Bernardino County (877) 410-8829
 - Orange County (714) 541-4895

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Pregnancy Access Bridge

- ✓ In person at your local Medi-Cal office
- ✓ Online at
 - www.benefitscal.com
 - <http://www.coveredca.com/get-help/local/>
- 2. Once your Medi-Cal or other insurance plan is approved, select a prenatal provider and call to schedule your first prenatal visit.
- 3. At your first prenatal appointment with your prenatal provider, **bring a copy of the ultrasound.**

Need More Information About Your Pregnancy?

Please visit <https://www.acog.org/patients> for more information on the following topics, and many more.

- Pregnancy and nutrition
- Nausea and pregnancy
- Exercise and pregnancy
- Benefits of flu shot
- Smoking, alcohol, and drugs
- Travel during pregnancy

Other helpful websites:

- <https://mothertobaby.org/>
- www.choosemyplate.gov/
- <http://patients.pposbc.org/>
- <https://www.momsorangecounty.org/>- For Orange County Residents only

Facts About Folic Acid



FACTS

How much folic acid a woman needs

400 micrograms (mcg) every day.

When to start taking folic acid

For folic acid to help prevent major birth defects, a woman needs to start taking it at least one month before she becomes pregnant and while she is pregnant.

However, every woman needs folic acid every day, whether she's planning to get pregnant or not, for the healthy new cells the body makes daily. Think about the skin, hair, and nails. These – and other parts of the body – make new cells each day.

How a woman can get enough folic acid

There are two easy ways to be sure to get enough folic acid each day:

1. Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have the amount of folic acid women need each day. Women can also choose to take a small pill (supplement) that has only folic acid in it each day.

Multivitamins and folic acid pills can be found at most local pharmacy, grocery, or discount stores. Check the label to be sure it contains 100% of the daily value (DV) of folic acid, which is 400 micrograms (mcg).

2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day.

Not every cereal has this amount. Check the label on the side of the box, and look for one that has "100%" next to folic acid.

To learn more about folic acid and how to prevent birth defects, please visit the Centers for Disease Control and Prevention website at www.cdc.gov/folicacid or call 1-800-232-4636 (CDC-INFO).

CDC urges women to take 400 mcg of folic acid every day, starting at least one month before getting pregnant, to help prevent major birth defects of the baby's brain and spine.

About folic acid

Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid.

Why folic acid is so important

Folic acid is very important because it can help prevent major birth defects of the baby's brain and spine (anencephaly and spina bifida) by 50% to 70%.

	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Pantothenic Acid	5 mg	50%
Calcium	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	100%



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NAME _____

DATE _____

Pregnancy test results:

POSITIVE

NEGATIVE

LMP _____

EDC _____

REMARKS:

Signature

Title