

## How Do I know if I'm Pregnant?

- Home pregnancy test
- Urine test or blood test performed by a medical professional

## Things to Consider

### What if I'm pregnant?

- Am I ready to be a parent?
- Will my partner help me to raise the child?
- Will I have support from others in raising the child?
- Is adoption an option for me?
- Is abortion an option for me?



## What if I'm Not Pregnant?

Now might be a good time to consider birth control. Ask our staff about your birth control choices and "emergency contraception to-go".

Emergency contraception can prevent pregnancy up to 120 hours (5 days) after unprotected sex. "EC-To-Go" is a service that allows you to purchase EC in advance. See our EC brochure for more information or visit our website at [ppsouthtexas.org](http://ppsouthtexas.org).



To find a health center nearest you call 800-230-PLAN (7526)  
[www.ppsouthtexas.org](http://www.ppsouthtexas.org)

## Why choose Planned Parenthood?

For more than 80 years, Planned Parenthood has been here for you. Our health centers in South Texas provide:

- Accessible & affordable quality care
- A confidential & nonjudgmental environment
- Easy-to-use online appointment scheduling
- Personalized care tailored to your needs
- Discounts based on family size & income
- Same day appointments
- Walk-in visits
- Convenient locations with extended hours
- An on-site pharmacy to save you time & money
- A secure Patient Portal to check your lab results & pay your bill

## Planned Parenthood provides a full range of services and patient education, including:

- Birth control options
- Emergency contraception
- Well-woman exams
- Pelvic exams
- Clinical breast exams
- "Stop Cervical Cancer" care: HPV screening, Pap screening & follow-up
- Menopause care
- Referral for mammograms
- Pregnancy testing
- Gestational dating sonogram
- Pregnancy options
- Referral for adoption
- Referral for prenatal care
- Abortion care (License #130241, #140015, #140016)
- Male exams
- STD testing & treatment
- HIV testing
- PrEP: HIV Pre-Exposure Prophylaxis
- Transgender hormone therapy
- Testing & treatment for UTIs
- Fertility evaluation & treatment

**Our Services Continue To Grow. Call Us Today!**

**800-230-PLAN (7526)**

   @ppsouthtexas

Planned Parenthood accepts cash/checks, insurance, Medicaid, Visa, Mastercard and Discover at all locations.

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# PREGNANCY OPTIONS

PARENTING • ADOPTION  
ABORTION



[www.ppsouthtexas.org](http://www.ppsouthtexas.org)



## Parenting

*Our staff can help you find a prenatal provider.  
Make an appointment as soon as possible.*

- Start seeing a provider who will care for you during your pregnancy.
- Our staff can help you find a prenatal provider. Make an appointment as soon as possible.
- Eat a healthy, balanced diet with lots of fruits and vegetables.
- Drink at least 6-8 glasses of water, fruit juice, or milk a day.
- Get plenty of rest.
- Take prenatal vitamins to help prevent birth defects.
- Stop smoking cigarettes, drinking alcohol, or using drugs, as they may harm the pregnancy.
- Check with a health care provider before taking any type of medicine, including store-bought medicines, vitamins, supplements or other natural herbs.

## Adoption

*Continue the pregnancy and arrange for an adoption.*

- Clinic staff can help you with more information and assist you through the process.
- There are many types of adoptions available today, including within your family or through an agency.
  - Some birth parents want a lot of privacy.
  - Some people prefer some level of openness. This means having the opportunity for you and the adoptive parents to meet.
- Exploring the option of adoption does not commit you to an adoption plan.

**Whatever your decision, Planned Parenthood staff are here to support you with services and information.**



## Abortion

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

Planned Parenthood provides two abortion care options at two of our health centers in San Antonio: at **2140 Babcock Rd. in the South Texas Medical Center**, and at **San Pedro Ste. 150 north of downtown**.

At both locations, we offer a traditional in-clinic procedure or medication.

- Medication abortion, also known as the “abortion pill”, is a medicine that ends an early pregnancy (through 10 weeks). Medication is taken at the health center, and the pregnancy ends within 24-48 hours.
- An in-clinic procedure ends a pregnancy at the health center. We provide in-clinic procedures through 15 weeks and 6 days at our Babcock health center, and through 13 weeks and 6 days at our San Pedro Ste. 150 health center.
- Both options are guided and performed by a physician.

Education, counseling, pelvic exam, ultrasound, and other tests are performed prior to an abortion.

For more information about abortion care at Planned Parenthood, please see our Abortion Care brochure.