

You Think You Might Be Pregnant: Now What?

**Find out for sure.
Then look at your
options.**



Whether your test is positive or negative, you will need to make important decisions. Remember, you are not alone. We are here to help you.

You aren't totally certain – all you know is that you had unprotected sex and now your period is late. What do you do?

If you are in doubt, call Kaiser Permanente right away. Let the medical professional know that you think you might be pregnant. This person will help you get a pregnancy test and any other appointment that you'll need.

If your pregnancy test is positive...

Basically, you have three options:

1. You can continue the pregnancy and become a parent.
2. You can continue with the pregnancy and choose to give the baby up for adoption.
3. You can have an abortion and end the pregnancy.

When you've made your decision, tell the pregnancy counselor or your doctor.

If you decide to...

1. Continue the pregnancy, the counselor or doctor will help you get an appointment for a prenatal check-up. For a healthy pregnancy, you'll need early prenatal care.
2. Continue the pregnancy and choose adoption, the counselor or doctor will help you get a prenatal appointment and refer you to a social worker or adoption agency to make arrangements.
3. Have an abortion, the counselor or doctor will help you make an appointment.

Are you ready to be a parent?

Only you can decide what is right for you. Think about your life and your values. It may help you to think about your answers to some of these questions:

- Do I really know what it takes to raise a child?
- Do I have money to pay for:
 - ✓ diapers
 - ✓ clothing
 - ✓ food

Are you under 18?

California law says that when it comes to pregnancy or your sexual health, your health care is confidential. This means that you can get certain health care services without anyone else knowing. For example, you don't need your parent's permission to:

- Take a pregnancy test
- Talk with a doctor, nurse, or counselor about your options and what your next steps might be
- Start birth control
- Get prenatal care

Of course, these are very serious issues, and talking to a parent or another trusted adult (like a doctor, nurse, or teacher) is often helpful. But if you don't feel you can do that now, you can still get these services confidentially. If you don't have someone you can talk to, let your doctor or nurse know that you could use their help.

- ✓ health care
- ✓ rent
- ✓ transportation
- Can I still go to school or work if I have a child?
- Am I willing to spend less time with friends (at parties, movies, or hanging out)?
- Am I ready to put my baby's wants and needs before my own?
- Will the father of my baby help?
- Will my family help?
- Am I ready to be responsible for another human being 24 hours a day, 7 days a week, for 18 years, minimum?

Can you afford a baby?

Raising a child costs a lot of money. Did you know that diapers cost about \$75 a month? And every month you'll spend \$200 on formula and/or baby food? If you add in daycare, toys, clothes, doctor visits, and other basic needs, it costs about \$950 a month to raise a child. If you worked a full-time minimum-wage job, you could bring in \$1,000 a month. What would you do if you also had to pay rent, the electric bill, the gas bill, the cable TV bill, the phone bill, and buy clothing and food for yourself?

While you wait

If you are waiting for your pregnancy test results, read this handout carefully. Whether your test is positive or negative, you will need to make important decisions. Remember, you are not alone. Kaiser Permanente can help.

To get your results, call your local advice nurse, or make an appointment with a pregnancy test counselor, doctor, or nurse.

If your pregnancy test is negative...

A negative pregnancy test usually means that you are not pregnant, unless the test was done too early to tell. To be sure, you should wait a week or two (but no more) to see if you get your period. While you're waiting, either don't have sex or use a condom if you do. If you still haven't gotten your period in one or two weeks, come in for another pregnancy test.

If you don't want to get pregnant, now is the time to take action. You have choices.

- Don't have sex. Even if you had sex in the past or are having sex now, you can still choose not to have sex at any time.
- If you have sex, use birth control every time. A pregnancy counselor or doctor can help you get started on "the pill" or Depo-Provera (the birth control shot). He or she will help you decide which kind of birth control is right for you.

The pill and the shot are not enough

Birth control pills and Depo-Provera do not protect you against sexually transmitted diseases (STDs), like HIV/AIDS or chlamydia. Condoms need to be used correctly every time you have sex to help protect against STDs, plus they give extra birth control protection.

In an emergency

Emergency Contraception Pills (ECPs) are several pills that may prevent pregnancy after you have had sex and didn't use birth control. If you take ECPs within 72 hours (3 days) after having had unprotected sex, the risk of getting pregnant is reduced by 89 percent. If you take ECPs within 5 days after having had unprotected sex, your risk of getting pregnant is reduced by 80 to 85 percent. The sooner you take ECPs after having had unprotected sex, the better they work to prevent pregnancy. This is not a regular kind of

birth control because it does not always work. It is used only in emergencies. Call your doctor or nurse practitioner to get a prescription for ECPs before you need them or as soon as possible after having had unprotected sex.

Getting help from Kaiser Permanente

All Kaiser Permanente facilities have doctors, nurses, or special pregnancy counselors who can help you get a pregnancy test. If you think you might be pregnant, make an appointment or talk with an advice nurse right away.

Other resources

Web sites

- Kaiser Permanente kp.org

For teens

- KidsHealth Teen Page kidshealth.org/teen/index.html
- Planned Parenthood's Teen Page teenwire.com

Phone numbers

- California Youth Crisis Hotline
1-800-843-5200
- Child Abuse Hotline
1-800-4 A CHILD
- National STD Hotline
1-800-227-8922
- National Alcohol/Drugs Helpline
1-800-662-HELP
- Emergency Contraception Hotline
1-888-NOT-2-LATE
- National Teen Dating Abuse Helpline
1-866-331-9474 or loveisrespect.org

Contact your Kaiser Permanente Health Education Center or Department for information, programs, and other resources.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.