

**Deciding what to do when you find out you are pregnant can be hard. But you have options. This handout can help you with whatever you decide is best for you and your future.**

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## If you choose to continue the pregnancy:

### **Important things to know about prenatal care:**

- Set up an appointment to start prenatal care. Get started when you are 8 weeks pregnant. Prenatal care keeps you and the pregnancy healthy. Call 866-246-8259 to set up an appointment at CHN.
- Start taking prenatal vitamins every day. These vitamins have extra iron and folic acid. Iron and folic acid keep you healthy and help stop birth defects. CHN can give you prenatal vitamins when you start your prenatal care.
- Stop using alcohol, drugs, and cigarettes. If this is hard for you, talk to your provider for help cutting down.
- Nutrition is very important during pregnancy.
  - Eat more fruits, vegetables, whole grains, and low-fat dairy, like milk and cheese.
  - Cut down on fatty, fried, and junk foods, like cookies, cakes, candies, and chips.
  - Avoid caffeine, including soda, tea, coffee, and energy drinks.

### **Important things to know about adoption:**

- You can choose adoption at any time in your pregnancy or after you give birth.
- Adoption is free for you. The adopting family pays for all the costs.
- There are different types of adoption: open adoption and closed adoption.
  - **Open adoption:** you choose the adopting family. You can be involved and stay in touch as much as you want.
  - **Closed adoption:** you won't have contact with the adopting family.
- There are people you can talk to if you are thinking about choosing adoption. An adoption counselor can help answer your questions and talk to you more about the process:

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|------------------|----------------|--|
| • Adoption Star: | 1-866-691-3300 | <a href="http://www.adoptionstar.com">www.adoptionstar.com</a>   |
| • Spence-Chapin: | 1-800-321-5683 | <a href="http://www.spence-chapin.org">www.spence-chapin.org</a> |



## If you choose to end the pregnancy:

### Important things to know about abortion:

- Abortion is a safe and legal procedure that ends a pregnancy. Anyone of any age can have an abortion privately. In New York, teens do not need a parent's permission.
- There are 2 types of abortion:
  - **Medical abortion (pills):** you can have a medical abortion up to 10 weeks of pregnancy.
  - **In-clinic abortion:** you can have a surgical abortion up to 24 weeks of pregnancy.
- Having an abortion will not change your ability to get pregnant in the future.
- If you don't make a lot of money or make no money, the clinic where you get an abortion can help you sign up for Medicaid. Medicaid pays for abortion in New York.
- If you can't get Medicaid, there are other resources to help you pay for abortion. Talk to your health educator or visit [www.fundabortionnow.org/get-help](http://www.fundabortionnow.org/get-help) to learn more.
- You can start birth control after the abortion. Talk to your health educator about your birth control options.
- You will need a follow up appointment after the abortion. Call 866-246-8259 to make an appointment at CHN.

**Not sure what to do?** Talk to a counselor. They can help you work through your thoughts and talk about your options.



**ALL-OPTIONS**  
pregnancy • parenting • abortion • adoption

talkline: 1-888-493-0092 (M-F 10am-1am, Sa-Su 10am-6pm)  
[www.all-options.org](http://www.all-options.org)

- CHN staff member: \_\_\_\_\_



Healthcare for All.

866.246.8259

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



## Where can I go?

### Manhattan

- **Planned Parenthood**  
26 Bleecker St (at Mott St)  
New York, NY 10012  
212-965-7000
- **Eastside Gynecology**  
144 East 44th St (between 3rd and Lexington Aves)  
New York, NY 10017  
212-308-4988
- **ParkMed Clinic**  
800 2nd Ave, 6th Floor  
(between 42nd and 43rd St)  
New York, NY 10017  
212-686-6068 or 800-346-5111
- **New York Presbyterian, Gynecology Department—Vanderbilt Clinic**  
622 W. 168th St, 10th Floor  
(between Ft. Washington and Broadway)  
New York, NY 10032  
866-463-2778

### Bronx

- **Planned Parenthood**  
349 E 149th St (at Courtlandt Ave)  
Bronx, NY 10451  
212-965-7000
- **Bronx Women's Medical Pavilion/Dr. Emily's**  
642 Southern Blvd  
Bronx, NY 10455  
718-585-1010

### Queens

- **Planned Parenthood**  
21-41 45th Rd  
Long Island City, NY 11101  
212-965-7000
- **Choices Medical Center**  
147-32 Jamaica Avenue  
Jamaica, NY, 11435  
800-421-7079

### Brooklyn

- **Planned Parenthood**  
44 Court Street, 6th floor  
Brooklyn, NY 11201  
212-965-7000
- **Professional Gynecological Services (formerly known as The Women's Choice)**  
14 Dekalb Avenue, 2nd Floor  
Brooklyn, NY 11201  
718-875-4848