

# I'm pregnant. What are my options?

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.



## If you choose to continue the pregnancy:

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

- **Set up a visit to start prenatal care.** Get started when you are 8 weeks pregnant. Prenatal care keeps you and the pregnancy healthy.
- **Start taking prenatal vitamins every day.** These have extra iron and folic acid. Iron and folic acid keep you healthy and help to 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, veggies, whole grains, and low-fat dairy, like milk and cheese.
  - Cut down on** fatty, fried, and junk foods, like chips, cakes, cookies, and candy.
  - Avoid** caffeine, like 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:** 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 adoption.** Adoption counselors can help answer your questions and talk to you more about the process.  
**Adoption Star:** 1-866-691-3300 [www.adoptionstar.com](http://www.adoptionstar.com)  
**Spence-Chapin:** 1-800-321-5683 [www.spence-chapin.org](http://www.spence-chapin.org)



# If you choose to end the pregnancy:

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

- **Abortion is a safe procedure that ends a pregnancy. Abortion is still legal in New York State.** 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 abortions:**
  - 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 abortions 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 the New York Abortion Access Fund website at: [www.nyaaf.org](http://www.nyaaf.org)
- **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 plan your visit at CHN.

## Not sure what to do?

Talk to a counselor. They can help you work through your thoughts and talk about your options.



**Talkline:** 1-888-493-0092  
(Mon-Fri: 10am-1am, Sat-Sun: 10am-6pm)

[www.all-options.org](http://www.all-options.org)