

Unplanned Pregnancy



Almost half of all pregnancies in the United States are unplanned. If your pregnancy is unplanned, you may feel overwhelmed or scared. You may not know what to do.

First, you need to make sure you are pregnant.

Urine test – A home pregnancy test can be bought at the grocery store or pharmacy. Follow the directions on the package. If the test shows that you are pregnant, call your doctor to schedule a visit. Your doctor can help you with your next steps.

You may be worried that:

- You can't afford to care for a baby.
- You don't know how to care for a baby.
- The father may not welcome this news.
- If you were drinking or using drugs, how it might affect the baby.

What choices do you have?

With an unplanned pregnancy, deciding what to do can be stressful and difficult. You have to make the decision that is right for you.

- You may choose to have and raise your baby alone, with a partner, or with other family. There are resources to help you.
- You may choose to deliver the baby and then select an adoption plan.
- You may choose to end the pregnancy by having an abortion.

How to make the decision

Talking to someone you trust about your choices may help. That could be a partner, your doctor, family member, friend, minister, or a counselor. Always remember, you are the only one who knows what is best for you. It is best to make the decision as soon as possible.

Take good care of yourself

While you are making your decision, be sure to take good care of yourself.

- Continue to see your doctor.
- Get plenty of rest.
- Don't smoke or vape. If you do, quit. If you need help, call 1-800-NOBUTTS or 1-844-8-NO-VAPE.
- Don't drink or use drugs.
- Eat healthy.
- Follow your doctors advise and take a prenatal vitamin with folic acid every day.
- Exercise.
- Don't take any medications without checking with your doctor.
- Find support in someone you trust.

Resources that may help you

American Pregnancy Association Teen Hotline: (800) 672-2296

California Safe Surrender free hotline: (877) 222-9723

Adoption Network Law Center: (800) 367-2367

Women, Infants and Children (WIC) nutrition and breastfeeding support: (888) 942-9675

CDC: Unintended Pregnancy.

<https://www.cdc.gov/reproductivehealth/contraception/unintendedpregnancy/index.htm>



If you have any questions, we are here for you. Call our 24-hour Nurse Advise Line.

English: (888) 275-8750

Spanish: (866) 648-3537

TTY/TDD: 711