

Pregnancy Centers of Central VA
323 C North Madison Rd
Orange, VA 22960
Orange

Tri-Area Crisis Pregnancy Center
111 N Main St
Galax, VA 24333
Galax

ABORTION CARE

Options Counseling

If you want to talk to a professional counselor to decide whether or not to continue your pregnancy, you have a right to compassionate, professional, and honest advice about all options. Planned Parenthood is a good place to start. Call (800) 230-PLAN (7526). You may also be able to talk with your health care provider. Additionally, the National Abortion Federation has a "Guide to Making the Right Decision for You" workbook available at <https://www.prochoice.org/Pregnant/options/right.html> .

Factual Information about Abortion and Pregnancy Options

Visit the National Abortion Federation website at <http://www.prochoice.org>, or call their toll-free hotline at (800) 772-9100 for non-biased factual information about abortion and pregnancy options in English or Spanish. The hotline operates Monday through Friday from 7 am to 11pm and from 9 am to 9 pm on Saturday and Sunday. You can also call the National Coalition of Abortion Providers at 202-419-1444 during weekday work hours.

Abortion Procedures: Medical Abortion

A medical abortion is a non-surgical method used to induce an abortion up to eight weeks after the start of the last menstrual period. The actual time limit may vary depending on the policy of the provider you choose. Medication is given either orally (Mifeprex, also called RU-486 or Mifepristone) or by injection (Methotrexate). This is followed by a second medication (Cytotec, also called Misoprostol). The combination of the two medications induces an abortion.

A medical abortion may be an option if:

- It has been eight weeks or less since the start of your last menstrual period;
- You are willing and able to give informed consent for the procedure;
- You live no more than two hours away from emergency medical care (a hospital);
- You agree to return to the clinic for one to three follow-up appointments;
- You agree to have a surgical abortion should the medications not induce termination.

After confirming the pregnancy, the first medication is provided at the clinic. This blocks the hormone progesterone that is needed to maintain the pregnancy. The uterine lining begins to shed, the cervix begins to soften and bleeding may occur.

Twenty-four to 72 hours later, the woman inserts small tablets of Misoprostol into her vagina or takes them orally. This causes cramping that leads to a miscarriage within six to eight hours. You will want to learn the specific series of events in this procedure from your health care provider.

Follow-up visits are extremely important with medical abortion to ensure that the abortion has been completed.

Advantages of Medical Abortion

- It can be used earlier than first-trimester vacuum methods;
- It is less invasive than surgical or vacuum procedures;
- It does not require anesthesia;
- It can offer more privacy than a vacuum or surgical abortion;
- The patient decides when to take the second dose of medication, within the 24-to-72-hour time frame. Because of this flexibility, she has some control over when she experiences the miscarriage and its side effects;
- Some women feel empowered by taking an active role in the process.

Disadvantages of Medical Abortion

- Side effects associated with medical abortion include nausea, diarrhea, abdominal cramping or pain, hot flashes, vomiting, fatigue, and vaginal bleeding;
- Medical abortion can take days (if Mifepristone is used) or weeks (if Methotrexate is used) to complete;
- Medical abortions are less effective as the number of weeks of pregnancy increases. They are usually not performed when more than eight weeks have passed since the beginning of the last menstrual period;
- Medical abortion is 95-97% effective. Four in 100 women might need to have a vacuum or surgical abortion to complete the termination.

Surgical Abortion: First-Trimester (6 to 13 Weeks since Last Menstrual Period)

Vacuum Aspiration (Suction Curettage)

This is one of the most common first-trimester abortion methods. It is used to terminate a pregnancy from six to 13 weeks after the first day of the last menstrual period (LMP). It involves three main steps: an injection to numb the cervix, insertion of a soft flexible tube through the cervix into the uterine cavity, and suction created by an aspirating machine to remove the uterine contents. The physician may then use a spoon-shaped instrument, called a curette, to ensure that the abortion is complete.

Although the procedure itself takes from five to 10 minutes, because of paperwork, counseling and other preparation, it may require one, two or three days to complete. Local anesthesia is all that is required to alleviate pain, but some providers offer stronger medication, such as conscious sedation or general anesthesia. Side effects associated with vacuum aspiration include abdominal cramping and vaginal bleeding. The rate of infection is lower than any other surgical abortion procedure at 0.5%.

Manual Vacuum Aspiration (MVA)

As soon as a pregnancy can be detected by ultrasound, an abortion can be performed using a manual aspiration device called a syringe. Manual Vacuum Aspiration (MVA) is similar to the vacuum aspiration method, but is not motorized. This method may be used up to 12 weeks after the first day of the last menstrual period.

Some patients prefer MVA because it is quieter than the motorized version. However, the procedure takes slightly longer and is not as widely available. A local anesthesia is all that is required to alleviate pain, but some providers

offer stronger medication, such as conscious sedation or general anesthesia.

Side effects associated with manual vacuum aspiration may include abdominal cramping and vaginal bleeding that may last for five to 10 days.

Surgical Abortion: Second- Trimester (14 to 26 weeks since Last Menstrual Period)

Dilation and Evacuation (D&E)

Dilation and evacuation is the most common second trimester abortion procedure. It is available at some facilities in the United States until 26 weeks after the start of the last menstrual period (LMP). According to Virginia state law, once a woman is beyond 12 gestational weeks or 14 weeks since her last menstrual period, she can only obtain an abortion in a licensed hospital. Appointments usually require two to three consecutive days.

On the first day, an ultrasound may be performed to determine the size of the fetus. On the second day, laminaria (a sterilized seaweed derivative) is inserted into the cervical canal to cause the cervix to gradually dilate or open up. When the cervix is sufficiently dilated, the doctor uses a vacuum aspiration instrument to perform the abortion. The vacuum aspiration procedure usually requires 10 to 20 minutes to complete.

Conscious sedation and local anesthesia are used to alleviate pain, but some providers offer stronger medication, such as general anesthesia.

Physicians who provide second-trimester abortions may require a second doctor's consultation letter that confirms the weeks of pregnancy, that no coercion was used in the patient's decision to terminate, and that the patient agrees to the dilation and evacuation procedure.

Pain Relief Methods

As with many medical or surgical procedures, an abortion procedure can be painful. The pain feels similar to menstrual cramps but is sometimes stronger as the uterus begins to contract to its regular non-pregnancy size. The discomfort from contractions ranges from barely noticeable to quite painful.

Below are descriptions of the pain relief methods available to women during an abortion procedure.

Local Anesthesia

Local anesthesia is an injection in and around the cervical area that helps take away discomfort and pain. With local anesthesia, the patient is alert and awake. Local anesthesia lasts less than an hour. There are usually no side effects associated with local anesthesia.

Conscious Sedation

Conscious sedation is a mild sedative administered intravenously (into a vein). Conscious sedation creates an altered state of awareness that relieves patients of anxiety and discomfort but allows patients to be responsive and answer questions. A qualified nurse or physician administers conscious sedation, which lasts from one to four hours and requires that a patient have someone drive her home. Side effects associated with conscious sedation may include nausea, vomiting, headache, dizziness, dry mouth, sweating, hiccups, coughing and drowsiness. Women who have asthma or severe respiratory allergies or who have used drugs or alcohol within the 24 hours before the procedure should not use conscious sedation as a pain relief method.

General Anesthesia

General anesthesia can be given by an intravenous injection of a drug, by an inhalation drug (a gas that you breathe), or by a combination of both. This technique causes the patient to go into a deep sleep, to feel no pain and to be unaware of the surgery. A breathing tube is used to ensure that proper breathing continues throughout the surgery. Monitors are used to check breathing, heart rate and other vital signs.

General anesthesia may be administered by a qualified physician or nurse. Side effects associated with general anesthesia may include nausea, sore throat, headache, muscle aches, and a “hangover” type feeling. Once the anesthesia has worn off (usually 10 to 20 minutes after the procedure), the patient will feel as if she has “woken up.” However, body reflexes can continue to be influenced by general anesthesia for at least 24 hours, and the patient will need someone to drive her home after the procedure. Patients sometimes are advised not to drive for a certain time period.

Abortion Safety and Follow-up

Abortion is one of the safest medical procedures available.

Each year, more than one million American women have an abortion. According to the Guttmacher Institute (www.guttmacher.org), less than one percent of all abortion patients experience a major complication associated with the procedure. The risk of the procedure, however, increases if the abortion is performed later in a pregnancy. It is important for you to:

- Inform the abortion provider of any past or present health problems you may have;
- Tell your provider of any current prescription or over-the-counter medications that you use;
- Tell your provider about any allergies you have to medications or other substances;
- Follow all postoperative instructions and return for a follow-up examination;
- Ask questions if you are unsure of anything about the procedure or follow-up care.

As with all surgical or medical procedures, it is important to recognize and quickly react to signs of potential complications. Your abortion provider will inform you of what to expect and what would be unusual after an abortion.

Patients having a medical abortion will experience different physical responses from patients having a vacuum or surgical abortion.

Abortion Laws

Abortion is Legal

Until the fetus is viable, the state may not prohibit a termination of the pregnancy. It may, however, impose restrictions, provided those restrictions do not impose an “undue burden” on the ability to terminate the pregnancy.

Virginia does have a post-viability abortion restriction that provides that no abortion may be performed after the second trimester unless the attending physician and two other physicians certify in writing that continuation of the pregnancy is likely to result in the woman's death or "substantially and irremediably impair" the woman's physical or mental health. Measures for life support "must be available and utilized if there is any clearly visible evidence of viability." Va. Code Ann. § 18.2-74 (Enacted 1975).

Privacy and confidentiality

Your medical records are private and confidential. However, confidentiality laws may not necessarily apply to insurance records. Confidentiality of insurance records depends on who owns the insurance policy. If you have insurance through your work and wish to find out what type of information your insurance plan gives your employer, call the customer service office of your insurance plan.

Minors

In Virginia, minors are legally required to have parental consent to get an abortion. If you are under the age of

18, you must obtain notarized written consent from a parent or legal guardian at least 24 hours before an abortion. If you feel you are unable to tell your parents, you may be able to secure a court order stating either that you are mature enough and well enough informed to make your decision independent of the wishes of an authorized adult, or that an abortion is in your best interests. However, parental notification may still be required unless the court determines that notification is not in your best interests.

This restriction is waived if the woman is a victim of rape or incest committed or allowed to be committed by the parent or legal guardian or if the woman is an abused or neglected child, but in both cases it must be reported to the local or state department of social services.

There is also a waiver of parental notification if a medical emergency exists (if an immediate abortion is the only way to preserve the life of the woman).

Deciding how to handle an unplanned pregnancy can be difficult. If you are under age 18, we encourage you to seek the advice and support of a parent or another trusted adult.

State Mandated Counseling and Waiting Period

In Virginia, a woman who wishes to get an abortion must be given counseling before obtaining an abortion at least 24 hours prior to her appointment. Most providers offer this counseling over the phone prior to the appointments; the clinics that require an in-office visit are listed clearly in the following section on abortion providers.

Second-Trimester Abortion Restrictions

In Virginia, abortions past the first-trimester (after 14 weeks since the start of a woman's last menstrual period), must be performed in a hospital.

Virginia Medicaid

The Commonwealth of Virginia will only pay Medicaid claims for abortions in the case of rape or incest reported to law enforcement, life endangerment, the "substantial endangerment of health or life to the mother if the fetus was carried to term" or if the pregnancy involves a fetus with "gross and totally incapacitating mental or physical deformities." Due to these restrictions, some clinics are unable to process the Medicaid paperwork required for the cases that meet these standards.

Insurance for State Employees

Employees of the Commonwealth of Virginia under the Commonwealth of Virginia Health Benefits Plan will only receive coverage for abortions in the case of rape or incest reported to law enforcement, life endangerment, or if the pregnancy involves a fetus with "gross and totally incapacitating mental or physical deformities."

Abortion Services

While abortion is legal in the United States, it is not always easily accessible. Virginia's services are mostly in the metropolitan areas of Northern Virginia, Charlottesville, Richmond, Roanoke and Norfolk/Newport News/Virginia Beach.

We have included information from providers on the types of services offered and what to expect, costs and payment methods, and scheduling of services.

Please contact clinics directly for further information or to answer any questions.

Please note: This information is current as of August 2014. Subject to change; please contact centers for details.

First-trimester Abortion Providers (Alphabetical By City)

ALEXANDRIA

Alexandria Women's Health Clinic

Landmark Towers

101 S Whiting St. Suite 215

Alexandria, VA 22304

703-370-0550

<http://www.alexandriawomenshealth.com>

Medical Abortion

Available; please call for costs and details

Surgical Abortion

Available; please call for costs and details

Clinic Hours

Monday – Friday 9:30 am – 4:30 pm

Saturday 9:30 am – 2:30 pm

Appointments

Appointments must be made at least 24 hours in advance.

Annandale Women and Family Center

2839 Duke Street

Alexandria, VA 22314

703-751-4702

<http://www.awfc.net/>

Medical Abortion

Available up to 7 weeks since Last Menstrual Period (LMP), please call for cost.

Surgical Abortion

Available up to 12 weeks since LMP, please call for cost.

Additional Costs

Rhogam, a shot for women with negative Rh factor

Appointments

Appointments must be made at least 24 hours in advance.

BLACKSBURG

Blacksburg Health Center, Planned Parenthood Health Systems

700-J N. Main Street

Blacksburg, VA 24060

540-951-5184

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2767>

Medical Abortion

Available up to 8.6 weeks since Last Menstrual Period (LMP). Please call for costs and details.

Surgical Abortion

Not available at this location at the time of publication. Please contact the clinic to check the status of this procedure's availability.

Payment

Cash, checks, money-order, debit cards, Visa and MasterCard (not American Express or Discover). Medicaid accepted.

Clinic Hours

Tuesday: 10 am – 7 pm. Friday: 9 am – 5pm. Saturday: 10 am – 2pm. Mon, Wed, Thurs, Sun: Closed.

Appointments

Appointments must be made at least 24 hours in advance.

Location Information

At the intersection of Price's Fork Road and North Main. Across the street from Wendy's and El Rodeo. Located in the same building as Mill Mountain Coffee on the upper level. Please park behind the building at the upper level.

CHARLOTTESVILLE

Charlottesville Health Center, Planned Parenthood Health Systems

2946 Hydraulic Road
Charlottesville, VA 22901
434-296-1000

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2815>

Medical Abortion

Available up to 8.6 weeks since Last Menstrual Period (LMP). Please call for costs and details.

Surgical Abortion

Available up to 12.6 weeks since LMP. Please call for costs and details.

Clinic Hours

Monday 9 am – 5pm, Tuesday 12pm – 7pm, Wednesday 9am – 1pm, Thursday 8am – 2pm, Friday 8am – 4pm,
Saturday 9am – 1 pm.

Appointments

Appointments must be made at least 24 hours in advance.

Charlottesville Medical Center for Women

2321 Commonwealth Dr
Charlottesville, VA 22901
434-973-4888

<http://www.richmondmedctrforwomen.com/>

Medical Abortion

Available up to 8 weeks from Last Menstrual Period (LMP); \$375

Appointments

Appointments must be made at least 24 hours in advance.

Additional Information

A follow-up exam three weeks after termination is provided at no additional fee. 24 hour emergency phone service is available.

FAIRFAX

American Women's Services

8316 Arlington Blvd.,
Fairfax, VA 22031
1-800-854-7280

www.americanwomensservices.com/office_locations/va/fairfax.php

Medical Abortion

Methotrexate Available 4-9 weeks since Last Menstrual Period (LMP). Please call for costs and details.

Mifeprex (RU-486) Available 5-8 weeks since LMP. Please call for costs and details.

Surgical Abortion

Available up to 14 weeks since LMP. Please call for costs and details.

Clinic Hours

Appointments are available six days a week, including evening and Saturday hours. Please call for details.

Appointments

Appointments must be made in advance; appointments are usually available within two to three days.

Available Discounts

Fee reduction of \$50 for active military status; Virginia Medicaid will not pay for elective abortion, however there is a \$70 reduction for Medicaid Cardholders.

FALLS CHURCH

Falls Church Planned Parenthood

370 S Washington St
Falls Church, VA 22046
(705) 533-5651

<http://www.plannedparenthood.org/health-center/virginia/falls-church/22046/falls-church-center-2303-90230>

Pill Abortion

Available up to 9 weeks

Surgical Abortion

Available up to 14 weeks

Clinic Hours

Monday & Thursday 9:00am - 4:30pm. Tuesday 11:00am-6:30pm. Friday 8:15am – 4pm

Falls Church Healthcare Center

900 South Washington Street

Suite 300

Falls Church, VA 22046

703-532-2500

<http://www.fallschurchhealthcare.com>

fchc@fallschurchhealthcare.com

Medical Abortion

Available up to 8 weeks since Last Menstrual Period (LMP). Cost: \$415

Surgical Abortion

Available up to 13.6 weeks since LMP. Cost:\$350

With Sedation \$475

With Light Sedation \$425

Consultation

Abortion options counseling \$100

Payment

Cash, check, Visa, MasterCard, American Express, money-order, traveler's checks, or cashier's checks.

Clinic Hours

Monday – Friday 8:30am – 5pm, Saturday 8am – 11pm. Special Evening Hours on Tuesdays 5pm – 8pm.

Appointments

Appointments must be made at least 24 hours in advance.

Available Discounts

Discounts for Medicaid, Students and Military will be considered—please contact for details.

Payment plans will be considered. For assistance with funding please contact the National Abortion Federation

Hotline 1-800-772-9100.

HAMPTON

Hampton Health Center, Planned Parenthood of Southeast Virginia

403 Yale Drive

Hampton, VA 23666

757-826-2079

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=3316>

Abortion Referral

Clinic Hours

Friday 10am – 2pm

MANASSAS

Amethyst Health Center for Women, INC

9380-B Forestwood Lane

Manassas, VA 20110

703-335-2779

<http://www.amethysthealthcenterforwomen.com/>

*This provider is a member of the National Abortion Federation

Please call ahead to make an appointment and details; prices subject to change.

Medical Abortion

Abortion Pill \$425

Surgical Abortion

Local anesthesia \$300

Light Sedation \$350

Full Sedation \$490

Additional Costs

Sonogram & Pregnancy Test Only \$100

Payment

Cash, money-order, and major credit cards.

Clinic Hours

Monday – Friday 9:00am-4:30pm. Saturday 9:00am-1:00pm

Appointments

Appointments must be made at least 24 hours in advance.

Location Information

Located at Unit 9380-B, Please be sure not to enter Unit 9380-A, they are an anti-abortion center.

NEWPORT NEWS

Peninsula Medical Center for Women

10758-A Jefferson Ave

Newport News, VA 23601

757-599-6389

<http://www.richmondmedctrforwomen.com/>

Medical Abortion

Available up to 8 weeks from Last Menstrual Period (LMP); please call for costs and details.

Surgical Abortion

Available up to 13 weeks from LMP; please call for costs and details.

Appointments

Appointments must be made at least 24 hours in advance.

Additional Information

A follow-up exam three weeks after termination is provided at no additional fee. 24 hour emergency phone service is available.

NORFOLK

A Tidewater Women's Health Clinic

891 Norfolk Square

Norfolk, VA 23502

757-461-0011

<http://www.yourchoice-va.com>

atidewaterwomenshealthclinic@msn.com

Medical Abortion

Available up to 9 weeks since Last Menstrual Period (LMP).

Mifeprex (under 9 weeks) \$400

Methotrexate (under 7 weeks) \$330

Methotrexate (7.0-9 weeks) \$450

Surgical Abortion

Available up to 14 weeks since LMP. Cost:

11.6 weeks and under \$290

12 – 12.6 weeks \$400

13-14 weeks \$485

Additional Costs

Rhogam, a shot for women with negative blood - \$45

IV Sedation "Twilight" - \$70

Ultrasound - \$85

Surgical follow-Up - \$40

Payment

Cash, money-order, and major credit cards.

Clinic Hours

Monday – Saturday; Evening appointments available

Appointments

Appointments must be made at least 24 hours in advance.

Available Discounts

Medicaid: Under 11.6 weeks - \$50 off full price, at 12 – 12.6 weeks - \$30 off full price, at 13-14 weeks - \$20 off full price

Military/Student: \$20 off full price of procedure

RICHMOND

A Capital Women's Health Clinic

1511 Starling Drive

Richmond, VA 23229

804-754-1928

<http://www.capitalwomenshealth.com>

Medical Abortion

Available up to 7 weeks since Last Menstrual Period (LMP). Cost: \$400

Surgical Abortion

Available up to 14 weeks since LMP. Cost:

10 weeks and under with local anesthesia \$360

10 weeks and under with IV sedation \$400

11-12 weeks with local anesthesia \$435

11-12 weeks with IV sedation \$500

13 weeks with local anesthesia \$535

13 weeks with IV sedation \$600

All procedures with IV sedation must have a responsible driver accompany them during the entire patient visit.

Additional Costs

Rh Negative, a shot for women with negative blood - \$50 up to 12 weeks, \$100 at the 12th week

Ultrasound Only - \$100

Patient follow-Up - \$30

Payment

Cash and major credit cards.

Clinic Hours

Call for clinic hours.

Appointments

Appointments must be made at least 24 hours in advance. All patients are required to make two visits to the facility for their abortion procedure.

Richmond Medical Center for Women

118 N Boulevard

Richmond, VA 23220

804-359-5066

<http://www.richmondmedctrforwomen.com/>

Medical Abortion

Available up to 8 weeks from Last Menstrual Period (LMP); please call for costs and details.

Surgical Abortion

Available up to 13 weeks from LMP; please call for costs and details.

Appointments

Appointments must be made at least 24 hours in advance.

Additional Information

A follow-up exam three weeks after termination is provided at no additional fee. 24 hour emergency phone service is available.

Virginia League for Planned Parenthood

201 N Hamilton Street

Richmond, VA 23221

804-355-4358

<http://www.plannedparenthood.org/health-center/all/all/23221>

Pill Abortion

Available up to 9 weeks

Surgical Abortion

Available up to 13.6 weeks

Clinic Hours

Call for clinic hours.

Appointments

Appointments must be made at least 24 hours in advance.

ROANOKE***Roanoke Health Center, Planned Parenthood Health Systems***

2207 Peters Creek Road

Roanoke, VA 24017

540-562-3457

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2768>

Medical Abortion

Available up to 8 weeks since Last Menstrual Period (LMP), please call for costs and details.

Surgical Abortion

Available up to 14 weeks since LMP, please call for costs and details.

Payment

Cash, checks, major credit/debit cards.

Clinic Hours

Monday, Tuesday, Wednesday, Friday 9am – 5pm, Thursday 11am – 7pm, Saturday 7 am – 2pm.

Appointments

Appointments must be made at least 24 hours in advance.

Roanoke Medical Center for Women

1119 2nd St SW

Roanoke, VA 24016

540-981-1246

<http://www.richmondmedctrforwomen.com/>

Medical Abortion

Available up to 8 weeks from Last Menstrual Period (LMP); please call for costs and details.

Surgical Abortion

Available up to 13 weeks from LMP; please call for costs and details.

Appointments

Appointments must be made at least 24 hours in advance.

Additional Information

A follow-up exam three weeks after termination is provided at no additional fee. 24 hour emergency phone service is available.

VIRGINIA BEACH

Virginia Women's Wellness

224 Groveland Rd 2nd Floor

Virginia Beach, VA 23452

1-800-478-9065

http://www.americanwomensservices.com/office_locations/va/virginia_beach.php

Medical Abortion

Available up to 9 weeks from Last Menstrual Period (LMP); please call for costs and details.

Surgical Abortion

Available up to 14 weeks from LMP; please call for costs and details.

Payment

Cash, Money Order, Visa, MasterCard, Discover.

Discounts Available

Fee reduction of \$50 for Medicaid Cardholders. Fee reduction of \$20 for students and active military personnel.

Clinic Hours

Monday-Saturday; Evening hours available.

Appointments

Appointments must be made at least 24 hours in advance.

Virginia Beach Health Center, Planned Parenthood of Southeastern Virginia

515 Newtown Rd

Virginia Beach, VA 23462

757-499-7526

<http://www.plannedparenthood.org/health-center/all/all/23462>

Medical Abortion

Available up to 9 weeks after Last Menstrual Period (LMP). Call for details and costs.

Surgical Abortion

Available up to 13.6 weeks after LMP. Call for details and costs.

Payment

Cash, checks, major credit/debit cards, money orders.

Clinic Hours

Call for clinic hours.

Appointments

Appointments must be made at least 24 hours in advance.

Second-trimester Abortion Providers

In the state of Virginia, second-trimester abortions must be performed in a hospital. The cost of a second-trimester abortion is exponentially higher and access to this service is more difficult to obtain than a first trimester abortion. For information, financial assistance, and referrals for the closest provider to you, please call the National Abortion Federation's free hotline 1(800)772-9100. The DC Abortion Fund is another resource that is available to financially assist women in Virginia, Maryland, and DC seeking second trimester abortions. Call their confidential hotline 202-452-7464 to speak with a trained case manager.

Post Abortion Care

Following an abortion you will receive instructions for taking care of yourself. It is very important that you follow these instructions and take any prescriptions you have been given.

In order to reduce the risk of infection, you may be instructed to avoid:

- Having vaginal intercourse
- Using tampons (use pads instead)
- Taking baths
- Douching
- Swimming

Your provider should give you a 24-hour telephone number to call if you become concerned about your condition. If you develop any of the following symptoms, you will need to contact your abortion provider or seek emergency care:

- Severe cramps
- Chills, or fever of 100.4 degrees or more
- Bleeding that is heavier than the heaviest day of your normal menstrual period, or that soaks through more than two maxi-pads an hour for more than two hours
- Bad-smelling discharge from your vagina

Follow Up Appointments

The provider will also give you an appointment or referral for a follow-up exam within two weeks of a medical abortion and will suggest a follow-up visit within two to four weeks of a surgical abortion to confirm that you have not developed any complications. In the case of a medical abortion, the provider will also confirm that the abortion is complete at this appointment. Even if you feel fine, you should go to your post-abortion appointment.

Some women choose to go to their regular family doctor for their follow-up exam. You may want to determine that your doctor will support your choice because it is important that you tell your doctor that you had an abortion for the purposes of this appointment. You should also let the provider who performed your abortion know that you plan to see your own provider for the follow-up exam.

Resources

Many abortion providers will offer post-abortion counseling and/or referrals to appropriate counseling options. The National Abortion Federation recommends the following resources:

- *Peace After Abortion: A Pro-Choice Self-Help Guide for Women and Men*, by Ava Torre-Bueno, LCSW \$11.95 postpaid, 1-800-352-6305 Pimpernel Press PO Box 33110 San Diego, CA 92163-3110 www.peaceafterabortion.com/
- *The Healing Choice: Your Guide to Emotional Recovery After an Abortion*, by Candace DePuy, PhD and Dana Dovitch, PhD, \$12, Simon & Schuster, available in bookstores or 1-800-999-7909.
- *Unspeakable Losses: Understanding the Experience of Pregnancy Loss, Miscarriage, and Abortion* by Kim Kluger-Bell \$23.95, WW Norton Book Co. 1998
- "Inner Healing After Abortion" by Marilyn Gryte, MS, LPC, \$6 postpaid (quantity pricing available) from the author, P.O. Box 3121, Albany, OR 97321 mrgryteinnerhealing.com

- The Ferre Institute: "Pregnant? Need Help?" Pregnancy Options Workbook <http://www.pregnancyoptions.info/pregnant.htm>
- Exhale - Unbiased post-abortion counseling <http://www.4exhale.org/>
- Project Voice - Stories of women who have had abortions <http://www.theabortionproject.org/>
- I'mNotSorry.net – Women sharing positive experiences with abortion <http://imnotsorry.net/>

CHOOSING ADOPTION

Adoption Resources

If you are considering adoption you should begin planning and working with a reputable adoption agency while you are pregnant. It is important that you find an adoption agency that can handle all the arrangements of placing the newborn with a family and that makes you feel comfortable and respected. In addition, the adoption agency you choose to work with can help cover your medical care costs by arranging for financial assistance. Planned Parenthood has adoption specialists who can provide initial information about the adoption process and make referrals to local adoption resources. Adoption counseling is available by phone. Call 800-230-PLAN (800-230-7526).

The National Abortion Federation has a "Guide to Making the Right Decision for You" available at <http://www.prochoice.org/pregnant/options/right.html> as well as recommended resources.

Adoption Agencies

We have listed below licensed Virginia adoption agencies that vow to respect your right to make the choice that is best for you, even if you make another choice after exploring adoption.

If an agency pressures you or does not respect your right to make your own decision, please notify NARAL Pro-Choice Virginia (info@naralva.org or call (571) 970-2536).

Children's Home Society of Virginia
4200 Fitzhugh Avenue
Richmond, VA 23230
(804) 353-0191

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