

2014

TAKE CHARGE
of Your Health

**Resources for Accessing the Full Range
of Reproductive Health Services in Virginia**



NARAL
Pro-Choice Virginia Foundation

Contents

Acknowledgements

Introduction

Using This Guide

Medical Terms and Abbreviations

Section I:

PREVENTING PREGNANCY

Are You Under 18?

Birth Control Methods

Family Planning Services

Public Health Family Planning Services

Birth Control: Non-Prescription Methods

Birth Control: Prescription Methods

Birth Control: Permanent Methods

Preventing Pregnancy after Unprotected

Sex or When Your Regular Method Fails

“Crisis Pregnancy Centers,” Also Known As Fake Clinics

Section II:

ABORTION CARE

Options Counseling

Factual Information about Abortion and Pregnancy Options

Abortion Procedures: Medical Abortion

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

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

Pain Relief Methods

Abortion Safety and Follow-Up

Abortion Laws

Abortion Services

First-trimester Abortion Providers

Second-trimester Abortion Providers

Post Abortion Care

Section III:

CHOOSING ADOPTION

- Adoption Resources
- Adoption Agencies
- Continuing Your Pregnancy
- Birth Parent Bill of Rights
- Prenatal Care

Section IV:

PARENTING RESOURCES

- Child Support
- Positive Parenting Tips
- Financial Assistance for Your Child's Health Insurance
- Child Care Assistance
- Parents without Partners

Acknowledgements

NARAL Pro-Choice Virginia Foundation is grateful to the Juneau Pro-Choice Coalition. The Juneau Pro-Choice Coalition generously gave us permission to borrow liberally from their useful guide, the Alaska Book of Choices. NARAL Pro-Choice Virginia is grateful to the service providers who have agreed to be included in this resource. The services they provide and their willingness to participate make family planning and reproductive freedom a reality for Virginia's families.

An electronic version of this guide will be available and updated on our website, www.naralva.org. Please look there for corrections and additions. We thank the volunteers for their help with the production of this guide.

Introduction

About Us

NARAL Pro-Choice Virginia, the Virginia affiliate of NARAL Pro-Choice America, works to protect safe, legal abortion and to expand the full range of reproductive rights for Virginians regardless of age, race, or income.

Our Mission

Our mission is to develop and sustain a constituency that uses the political process to guarantee every person the right to make personal decisions regarding the full range of reproductive choices, including preventing unintended pregnancy, bearing healthy children, and choosing legal abortion.

Feedback

So that we may better inform and educate Virginia's families, please tell us what you think about this resource and tell us if any information has changed or is incorrect.

Providers of reproductive health services who wish to be included in this directory should contact us. We can be reached by phone at (571) 970-2536, by email at info@naralva.org, or by mail at NARAL Pro-Choice Virginia, P.O. Box 1204; Alexandria, VA 22313-1204. For more information about NARAL Pro-Choice Virginia, please visit our website at <http://www.naralva.org>.

Using This Guide

You may be holding this book because you are looking for help with an unplanned pregnancy. Handling an unplanned pregnancy can be a very emotional experience. Remember that you are not alone. Fifty percent of all pregnancies are unplanned. This guide will help you find resources, as well as caring, unbiased professionals who will respect your right to make the decision that is best for you. If you are seeking counseling to decide whether or not to continue your pregnancy, you have the right to compassionate, professional, and honest advice about all available options, including carrying the pregnancy to term and raising the child, putting the child up for adoption, and terminating the pregnancy.

The earlier you act, the more choices will be available to you. You may even be able to prevent yourself from becoming pregnant after having unprotected sex. Emergency contraception (EC) is a form of birth control that can prevent pregnancy when taken within 72 hours of sexual intercourse. Recent studies suggest that it may be effective up to five days after unprotected sex. However, EC is more effective the earlier it is taken.

We have also gathered a list of abortion providers in Virginia and neighboring states. Several providers can offer you the full range of procedures available, including medical abortion. As with all decisions related to unplanned pregnancy, it is important to act early if you are considering having an abortion. If you are considering adoption, we have also compiled a list of licensed child placement agencies that handle private adoptions. The agencies listed vow to respect your right to choose what is best for you, including the right to terminate the pregnancy.

We encourage anyone who is or may become sexually active and who does not want to become pregnant to use birth control.

Medical Terms and Abbreviations

The following definitions and explanations are adapted from the Merriam-Webster Medical Dictionary unless otherwise noted. Please ask your health care provider if you need further clarification.

Conscious sedation: Medication that provides relaxation without total loss of consciousness.

Emergency contraception (EC): Methods of preventing pregnancy after unprotected intercourse. Also referred to as the “morning after” pill. (Information from www.not-2-late.com.)

General anesthesia: Medication that affects the entire body and is accompanied by a loss of consciousness.

HIV (Human immunodeficiency virus): The virus that causes AIDS.

AIDS (Acquired Immunodeficiency Syndrome): A disease characterized by the weakening of the immune system.

IUD (Intrauterine device): A device (usually a spiral of plastic or a ring of stainless steel) inserted and left in the uterus to prevent pregnancy.

Local anesthesia: Medication used on a limited area of the body to reduce pain and discomfort in a localized area.

LMP (Last Menstrual Period): Used as an indication of the length of a pregnancy. In this guide, LMP refers to the time since the first day of the last menstrual period.

MVA (Manual vacuum aspiration): An early abortion procedure using a suction device.

Pap smear: A routine medical test to check for abnormalities in the cells of a woman’s cervix. This test is important for early detection of cervical cancer.

RhoGAM: Medication used to protect and prevent blood interaction problems during and after pregnancy. An RH test is used to identify cases in which a fetus’s blood type is incompatible with the mother’s. (Information from www.talkmedical.com.)

STD (Sexually transmitted disease): A disease or infection that can be transmitted by direct sexual contact.

PREVENTING PREGNANCY

Are You Under 18?

If you are a teenager, you may be uncomfortable discussing birth control. However, to protect your health and keep control of your reproductive life, we encourage you to talk about these issues with a health care professional, your parents or another trusted adult. Minors (those under the age of 18) are not legally required to notify or get permission from their parents to obtain birth control. However, it is wise to ask a clinic's policy regarding confidentiality for minors.

Birth Control Methods

There are more forms of birth control available today than ever before. All are designed to prevent pregnancy. Only latex condoms, properly used, offer reliable protection against sexually transmitted diseases (STDs). As with any medication or device, it is best to consult a health care provider to determine the safest and most effective method for you.

Family Planning Services

Family planning plays a critical role in reducing unintended pregnancy. The Virginia Family Planning Program offers comprehensive family planning services to assist low income citizens to plan and space their pregnancies.

For more information, contact familyplanning@vdh.state.va.us or call (804) 786-8663.

Public Health Family Planning Services

Local health departments in Virginia provide family planning services and offer a variety of reproductive health services including annual exams, Pap smears, STI testing and treatment, and prenatal care. Services vary, so call first to confirm whether the service you need is available and to schedule an appointment.

Health departments are listed alphabetically by county/city and grouped by location.

Alexandria City
(703) 746-4996

Arlandria and Alexandria City
(703) 535-5568

Alexandria City
(703) 746-4776

Alleghany County and Covington
(540) 962-2173

Alleghany County and Clifton
(540)862-4130

Amelia County
(804) 561-2711

Amherst, Madison Heights, Gladstone,
Gladstone, Vesuvius, Monroe, Arrington,
Clifford
(434)946-9408

Appomattox, Spout Spring, Bent Creek,
Pamplin, Evergreen, Redhouse, Gladstone,
Stonewall
(434)352-2313

Arlington County
(703)228-1200

Bath County
(540)839-7246

Bedford City and Country
(540)586-7950

Bland County
(376)688-3642

Botetourt County
(540)473-8240

Bristol City
(276)642-7335

Brunswick County
(434)848-2517

Buchanan County
(276)935-4591

Buckingham County
(434)969-4244

Buena Vista
(540)261-2149

Caroline County
(804)633-5465

Carroll County
(276)730-3180

Charles City
(804)829-2490

Charlotte Court House
(434)542-5251

Charlottesville and Albemarle County
(434)972-6200

Chesapeake
(757)382-8632

Chesapeake
(757)382-2650

Chesterfield County
(804)748-1743

Clarke County
(540)955-1033

Colonial Heights
(804)520-9380

Craig County
(540)864-5136

Culpeper County
(540)829-7350

Cumberland County
(804)492-4661

Danville
(434)766-9800

Dickenson County
(276)926-4979

Dinwiddle County
(804)469-3771

Eastern Henrico County
(804)652-3190

Eastern Shore
(757)302-4228

Eastern Shore
(757)414-6228

Emporia &Greensville
(434)348-4210

Essex County
(804)443-3396

Farmville
(434)395-2102

Fauquier County
(540)347-6400

Floyd County
(540)745-2141

Fluvanna County
(434)591-1960

Franklin City
(757)562-6109

Franklin County and Rocky Mount
(540)484-0292

Frederick County and Winchester
(540)722-3470

Fredericksburg
(540)899-4142

Galax County
(276)236-6127

Giles County
(540)921-2891

Gloucester County
(804)693-2445

Goochland County
(804)556-5843

Grayson County
(276)773-2961

Greene County
(434)985-2262

Halifax County and South Boston
(434)476-4863

Hampton
(757)727-1172

Hanover County
(804)365-4313

Harrisonburg and Rockingham County
(540)574-5100

Henry County and Martinsville
(276)638-2311

Highland County
(540)468-2270

Hopewell
(804)458-1297

Isle of Wight County
(757)357-4177

King & Queen County
(804)785-6154

King George County
(540)775-3111

King William County
(804)769-4988

Lancaster County
(804)462-5197

Lee County
(276)346-2011

Lexington and Rockbridge County
(540)463-3185

Loudoun County
(703)777-0236

Louisa County
(540)967-3703

Lunenburg
(434)696-2346

Lynchburg
(434)947-6785

Madison County
(540)948-5481

Manassas
(703)792-6301

Martinsville
(276)403-5788

Mecklenburg County
(434)738-6545

Middlesex County
(804)758-2381

Montgomery County
(540)381-7100

Nelson County
(434)263-8315

New Kent County
(804)966-9640

Newport News, Poquoson, York County, Williamsburg, James
City County
(757)594-7300

Norfolk
(757)531-2130

Northumberland County
(804)580-3731

Nottoway
(434)645-7595

Orange County
(540)672-1291

Page County
(540)742-6528

Patrick County and Stuart
(804)693-2070

Petersburg
(804)863-1652

Pittsylvania County
(434)432-7232

Portsmouth
(757)393-8585

Powhatan County
(804)598-5680

Prince Edward County and Farmville
(434)392-8187

Prince George County
(804)733-2630

Prince William County, Manassas City,
Manassas Park, Woodbridge (Dale City,
Dumfries, Triangle)
(703)792-7301

Pulaski County
(540)994-5030

Radford
(540)831-5774

Richmond City
(804)205-3722

Richmond City
(804)358-8538

Richmond City
(804)780-0840

Richmond City
(804)591-2890

Richmond City
(804)525-1800

Richmond City
(804)525-1818

Richmond County
(804)333-4043

Roanoke City
(540)204-9994

Roanoke County and Salem
(540)387-5530

Roanoke County and Vinton
(540)387-7800

Russell County
(276)889-7621

Rustburg, Brookneal, Evington, Altavista,
Concord, Lynch Station, Redhouse, Sugar Hill,
Naruna
(434)592-9550

Scott County
(276)386-1312

Shenandoah County
(540)459-3733

Smyth County Saltville Satellite
(276)781-7464

Southampton County
(757)653-3040

Spotsylvania County
(540)507-4700

Stafford County
(540)659-3101

Staunton and East Augusta County
(540)332-7830

Suffolk
(757)514-4700

Surry County
(757)294-3185

Sussex County
(434)246-8611

Tazewell County
(276)988-5585

UVA – Wise
(276)376-4590

Virginia Beach
(757)518-2700

Warren County
(540)635-3159

Washington County
(276)676-5604

Waynesboro and West Augusta County
(540)949-0137

Western Henrico County
(804)501-4522

Westmoreland County
(804)493-1124

Wise County and Norton
(276)328-8000

Wythe County
(276)228-5507

Birth Control:

For more information on the following birth control methods, please visit this website:
<http://www.plannedparenthood.org/health-info/birth-control>

Birth Control: Non-Prescription Methods

These birth control methods generally are available without a prescription at pharmacies, grocery stores, health departments and family planning clinics. Effectiveness data is adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA).

Male Condom

The male condom is a sleeve usually made of latex or polyurethane that fits over an erect penis and blocks the passage of sperm during intercourse. Out of 100 women whose partners use this method, 11-16 may get pregnant. Latex condoms are the best protection against HIV/AIDS and other STIs. Male condoms are available without a prescription at pharmacies, markets, health departments and family planning clinics.

Female Condom

The female condom is a lubricated polyurethane sheath shaped similarly to the male condom. The closed end has a flexible ring that is inserted into the vagina. Out of 100 women who use this method, about 20 may get pregnant. They can also be more expensive than male condoms.

Vaginal Spermicides

A spermicide is a foam, cream, jelly, film, suppository, or tablet that contains nonoxynol-9, a sperm-killing chemical. Used independently, out of 100 women who use this method, about 30 may get pregnant. When used in combination with barrier methods of birth control, such as condoms, diaphragms, and cervical caps, spermicides can increase the overall effectiveness of the birth control method. Keep in mind that spermicide cannot reduce the risk of sexually transmitted infections. Use latex or female condoms to reduce the risk of infection.

Birth Control: Prescription Methods

The following methods require a visit to a health care provider for a prescription. The descriptions are adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA). Failure rates are based on information from clinical trials submitted to the FDA.

Oral Contraceptives (“The Pill”)

There are several different forms of oral contraceptives, including a combined pill and a progestin-only pill, which must be taken on a daily schedule regardless of the frequency of intercourse. The combined pill suppresses ovulation by synthetic estrogen and progesterone hormones. Combination pills work best when taken every day. The progestin-only pill contains synthetic progesterone that acts to reduce and thicken cervical mucus to prevent sperm from reaching the egg. Progestin-only pills must be taken at the same time every day. Birth control pills may also act to alter the lining of the uterus, which may prevent implantation of a fertilized egg. Out of 100 women who use this method, about 5 may get pregnant. The pill requires a prescription that can be filled by most pharmacies. Some health departments and family planning clinics can fill their own oral contraceptive prescriptions.

Cervical Cap

A cervical cap is a soft rubber cup with a round rim, which is inserted into the vagina prior to intercourse and fits snugly around the cervix. Spermicides are used in conjunction with this barrier method, which should be left in place for eight hours after intercourse. Out of 100 women who use this method with spermicide, about 17-23 may get pregnant. A visit to a health care provider is required to determine the proper size and to obtain a prescription. Keep in mind that cervical caps do not protect you from sexually transmitted infections. Use a condom to reduce the risk of infection.

Contraceptive Patch (Ortho Evra)

Ortho Evra is a skin patch worn on the lower abdomen, buttocks, or upper body that releases the hormones progesterin and estrogen into the blood stream. A new patch is applied once a week for three weeks out of every month and followed by one week without the patch. Out of 100 women who use this method, about 5 may get pregnant. The patch may be less effective for women who weigh more than 198 lbs. The Patch may be less effective on women weighing more than 198 pounds. A visit to a health care provider is required to obtain a prescription.

Depo-Provera

Depo-Provera is an injection of progesterin that inhibits ovulation, prevents sperm from reaching the egg, and prevents the fertilized egg from implanting in the uterus. The injection lasts three months and is typically given in the arm or buttocks. Out of 100 women who use this method, less than 1 may get pregnant. Keep in mind the birth control shot doesn't protect against sexually transmitted infections. Use a latex or female condom to reduce the risk of infection. The shot requires a prescription and visit to a health care provider every three months. Its effects cannot be reversed during this three month period.

Diaphragm

The diaphragm is a dome-shaped rubber disc with a flexible rim that covers the cervix so that sperm cannot reach the uterus. Inserted into the vagina, it fits over the cervix and is held in place by the vaginal muscles. Spermicide should be applied to the diaphragm before insertion, and it should be left in place for six to eight hours after intercourse. Out of 100 women who use the Diaphragm with spermicide, about 15 may get pregnant. Women who have given birth will experience decreased effectiveness since the stretching of the vagina and cervix make a proper fit more difficult. A visit to a health care provider is required to determine the proper size and to obtain a prescription.

Intrauterine Device (IUD)

An Intrauterine Device is a small T-shaped object inserted into the uterus through the cervix to prevent pregnancy. The device can remain in place for one to 10 years, depending on the type. Out of 100 women who use this method, less than 1 may get pregnant.

IUDs require a visit to a health care provider for insertion and removal.

Vaginal Contraceptive Ring (NuvaRing)

NuvaRing is a flexible ring about 2 inches in diameter that is inserted into the vagina and releases the hormones progesterin and estrogen. It is self-inserted and remains in the vagina for three weeks, then removed for one week. Out of 100 women who use this method, about 5 may get pregnant. NuvaRing requires a visit to a health care provider to obtain a prescription.

Birth Control: Permanent Methods

These methods are surgical methods and are generally considered nonreversible. The descriptions are adapted from the birth control guide published by the U.S. Food and Drug Administration (FDA). Failure rates are based on information from clinical trials submitted to the FDA.

Female Sterilization

Female sterilization is surgery performed by a physician in which the fallopian tubes are cut, burned, or blocked so that the egg and sperm cannot meet. It is a one-time surgical procedure and is approximately 99 percent effective. Most kinds of sterilization for women are effective right away. But it takes about three months before Essure (a non-surgical method) is effective. Tubal ligation can be done as an outpatient procedure and is over 98 percent effective as birth control.

Male Sterilization (Vasectomy)

Male sterilization is a surgery in which the vas deferens, the tubes that carry sperm from the testicles to the penis, are cut, tied, or blocked. Vasectomies are almost always done as an outpatient procedure. Vasectomies are the most effective birth control for men. It is nearly 100 percent effective. However, vasectomies are not immediately effective. Sperm remains beyond the blocked tubes. You must use other birth control until the sperm is used up. It usually takes about three months.

Preventing Pregnancy after Unprotected Sex or When Your Regular Method Fails

Emergency contraception (EC) is a safe method of pregnancy prevention. Emergency contraceptive pills (ECPs) are similar to regular birth control pills but are only taken for one or two days. Emergency contraception, also known as the “morning after” pill, is most effective when taken within 72 hours of unprotected sex. Recent studies suggest that emergency contraception may be effective when taken up to five days after sexual intercourse. However, the earlier you take emergency contraception, the more likely it is to prevent pregnancy. Emergency contraception will not work if you are already pregnant. Emergency contraception pills are 75-89 percent effective at preventing pregnancy; the sooner they are taken after unprotected sex, the more effective they will be.

You should not use emergency contraception pills as your regular form of birth control. They are not as effective as more conventional birth control methods, and it would be very expensive to use emergency contraception frequently. Neither emergency contraception nor birth control pills will protect you from sexually transmitted diseases.

Use Emergency Contraception to Prevent Pregnancy When You Have Had Sex and:

- The birth control method you used broke or failed;
- You didn't use birth control;
- You missed taking two or more birth control pills;
- You are two or more days late starting your pills;
- You missed your Depo-Provera shot;
- You were raped or coerced into unprotected sex.

It is important to seek emergency contraception services as soon as possible.

Emergency Contraception Does Not Cause Abortion

Emergency contraception does not cause an abortion or the termination of a pregnancy. In medical terms, a woman is pregnant after a fertilized egg has implanted in her uterine wall. Emergency contraception prevents ovulation, fertilization and/or implantation. It prevents a pregnancy from occurring. Emergency contraception is not the abortion pill (RU 486 or Mifeprex) and does not induce abortion. Emergency contraception will not work if you are already pregnant. It will not harm a pregnancy or the fetus.

What to Expect and What to Do After Using Emergency Contraception

- Emergency contraception is not always effective. If you do not get your period within three weeks of taking emergency contraception, or if you have signs of pregnancy, schedule a follow-up visit with your health care provider as soon as possible to find out if you are pregnant;
- Your next period may be slightly off -schedule, a little earlier or later than usual;
- Your menstrual flow may be lighter, heavier, or more spotty than usual;
- If you see a health care provider before you get your next period, be sure to tell the provider you have taken emergency contraception;
- If you have vaginal intercourse at any time before your next period, use another form of contraception to prevent pregnancy and sexually transmitted diseases;
- See a health care provider if there is any risk that you may have been exposed to a sexually transmitted infection;
- Make a contraceptive plan for the immediate future so you don't have to rely only on emergency contraception.
- Obtain emergency contraception in advance so that you can have it on hand if you ever need it.
- Remember to replace it before its expiration date (2 years printed on the box)

Where to Get Emergency Contraception

Anyone, no matter how old you are can buy one dose versions of emergency contraception at your local pharmacy. These forms of EC include Plan B One-dose, Next Choice One Dose and some other brands of emergency contraception. If you are 16 years or younger you will need to get a prescription from a health care provider for two-dose versions of emergency contraception. All women need a prescription for ella. Please visit <http://www.plannedparenthood.org/health-info/birth-control/morning-after-pill-emergency-contraception> to compare various types of EC and for FAQ about effectiveness.

Emergency contraception prescriptions are available through many pharmacies, community health centers, Planned Parenthood facilities, public health centers, private health care providers' offices and at college health centers. You can get a prescription for emergency contraception through a health care provider. Once you obtain a prescription, you will need to fill that prescription at a local pharmacy.

“Crisis Pregnancy Centers,” Also Known As Fake Clinics

Over the past two decades, the anti-choice movement has set up thousands of fake health clinics across the country called “crisis pregnancy centers.” These centers are often listed in the Yellow Pages under headings such as Abortion Alternatives, Birth Control Information, Pregnancy Help, or Crisis Pregnancy Centers. They invite women into their facilities under the guise of providing counseling or abortion services. Once inside, women may be given a store-bought pregnancy test and then bombarded with anti-choice propaganda. This may include unrealistic stories about abortion, medically-inaccurate videos, and intrusive, hostile questions. There may not be any trained health care professionals on the premises, and these fake clinics do not generally provide any health care services for women.

Some Warning Signs of Fake Clinics:

- When you call to get information or to set up an appointment, beware of places that tell you that they will only give you information if you come into their office. It is your right to receive basic information over the phone.
- Beware of clinics that advertise free pregnancy tests and counseling, but are not clear about other health care services they offer;
- There are also websites run by people opposed to abortion rights. These websites often have misleading names to make you believe

you are receiving pro-choice information. Examples of anti-choice websites using deceptive names are www.birthcontrol.org and www.pregnancycenters.org.

Known Fake Clinics in Virginia

This listing of fake clinics in Virginia is not comprehensive. If you know of a “crisis pregnancy center” not listed below, please contact NARAL Pro-Choice Virginia at (571) 970-2536.

A Best Choice
Mobile Unit
Fairfax County
Prince William County

10378B Democracy Lane
Fairfax, VA 22030
Northern Virginia

Lynchburg, VA 24501
Lynchburg

A Woman's Choice
6201 Leesburg Pike
Falls Church, VA 22044
Northern Virginia

Bethany Christian Services
1510 Willow Lawn Dr, Ste 203
Richmond, VA 23220
Richmond

Blue Ridge Women's Center
5034 Williamson Rd NW
Roanoke, VA 24012
Roanoke

AAA Women for Choice
9380A Forestwood Lane
Manassas, VA 22110
Northern Virginia

Bethany Christian Services
287 Independence Blvd Suite 241
Virginia Beach, VA 23462
Virginia Beach

Care Net
321 Main Street C
Newport News, VA 23601
Newport News

Abba Pregnancy Care Center
200 Weems Road
Winchester, VA 22601
Winchester

Bethany Christian Services
5610 Southpoint Centre Blvd #107
Fredericksburg, VA 22401
Fredericksburg

Care Net Pregnancy Resource Center
1158 Professionals. Ste N
Williamsburg, VA 23185
Williamsburg

Albermarle Pregnancy Center
1420 Greenbriar Pl
Charlottesville, VA 22901
Charlottesville

Birtright
10752B Ambassador Dr
Manassas, VA 20109
Northern Virginia

Care Net Pregnancy Resource Centers
8741 Plantation Lane
Manassas, VA 20110
Northern Virginia

Alexandria Pregnancy Help Center
8305 Richmond Hwy, Ste 13A
Alexandria, VA 22309
Northern Virginia

Birtright
150 Kingsley Lane
Norfolk, VA 23505
Norfolk

Care Net Pregnancy Resource Centers
59 Frost Ave Ste 100
Warrenton, VA 20186
Warrenton

Assist Crisis Pregnancy Center
5101-D Backlick Rd
Annandale, VA 22003
Northern Virginia

Birtright
4235 Dale Blvd
Dale City, VA 22193
Northern Virginia

Care Net Pregnancy Resource Centers
3122 Golansky Blvd, Ste 101
Woodbridge, VA 22192
Northern Virginia

Bedford Pregnancy Center
813 East Main St
Bedford, VA 24523
Bedford

Birtright
2006 Lafayette Blvd, Ste 202
Fredericksburg, VA 22401
Fredericksburg

*Christian Outreach Program and
Pregnancy Center*
23878 N James Madison Hwy
Dillwyn, VA 23936
Dillwyn

Bethany Christian Services
1924 Arlington Blvd, Ste 101
Charlottesville, VA 22903
Charlottesville

Birtright
823 South King St, Suite I
Leesburg, VA 20175
Northern Virginia

Comfort Care Women's Health
1020 N Augusta St
Staunton, VA 24402
Staunton

Bethany Christian Services

Blue Ridge Pregnancy Center
1915 Thomson Dr.

Comfort Care Women's Health
Corner of 13th and Magnolia

Waynesboro, VA 22980
Waynesboro

Crisis Pregnancy Center of Roanoke Valley/Blue Ridge Women's Center
5034 Williamson Rd NW
Roanoke, VA 24012
Rocky Mount

Crisis Pregnancy Center of Metro Richmond
1510 Willow Lawn Dr., Ste 200
Richmond, VA 23230
Richmond

Crisis Pregnancy Center of Tidewater
102 Eden Way N Ste 116
Chesapeake, VA 23320
Chesapeake

East End Pregnancy Center
4705 Nine Mile Rd
Henrico, VA 23223
Henrico

Emergency Pregnancy Services Moriah Center/A Rode in Haste
3230B Duke Street
Alexandria, VA 22314
Northern Virginia

Fairfax Pregnancy Help Center
10380 Democracy Ln
Fairfax, VA 22030
Fairfax

Front Royal Pregnancy Center
11 S. Royal Ave.
Front Royal, VA 22630
Front Royal

Harrisonburg Pregnancy Center
833 Cantrell Ave
Harrisonburg, VA 22801
Harrisonburg

Hope in Northern Virginia
610 Park Avenue
Falls Church, VA 22046
Northern Virginia

Lady Care Intl
PO Box 3067
Chesapeake, VA 23327

Chesapeake

*Life Line/
1st Choice Women's Health Care*
19465 Deerfield Ave
Lansdowne, VA 20175
Northern Virginia

*Little Life/
Family Life Services of Southern VA*
2960 N Main Street
Danville, VA 24540
Danville

*Page Pregnancy Assistance Center/
The Life Center of Page Valley*
21 N Deford Ave
Luray, VA 22835
Luray

Pregnancy Care Center of MHC, Inc.
314 Fairy St Ste E
Martinsville, VA 24112
Martinsville

Pregnancy Help Center of Chesterfield
2675 Osborne Rd
Chester, VA 23831
Chester

Pregnancy Help Line
2960 N. Main St
Danville VA 24540
Danville

Pregnancy Resource Center of the New River Valley
995 Peppers Ferry Blvd.
Pulaski, VA 24301
Pulaski

Pregnancy Resource Center of the New River Valley
708 N Main Street
Blacksburg, VA 24060
Blacksburg

Pregnancy Support Center of Southside Virginia
1775 Zion Hill Rd
Farmville, VA 23901
Farmville

Pregnancy Support Centers of the Tri-Cities
700 S Sycamore St Ste 12
Petersburg, VA 28303
Petersburg

Shenandoah County Pregnancy Center
28 Cedarwood Ln
Edinburg, VA 22824
Edinburg

The Keim Center
302 N. Main St. Ste. A
Suffolk, VA 23434
Suffolk

The Keim Center
4356 Bonney Rd, Building 1, Ste 103
Virginia Beach, 23452
Virginia Beach

*The Keim Center/
Crisis Pregnancy Center of Tidewater*
4224 Portsmouth Blvd
Portsmouth, VA 23701
Portsmouth

*The Keim Center/
Crisis Pregnancy Center of Tidewater*
2121 Colonial Ave
Norfolk, VA 23517
Norfolk

(Accomack) Northampton Pregnancy Center
36318 Lankford Hwy
Belle Haven, VA 23306
Belle Haven

Pregnancy Centers of Central VA
320 W Main Street
Charlottesville, VA 22903
Charlottesville

Pregnancy Centers of Central VA
420 Sunset Lane
Culpeper, VA 22701
Culpeper

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

Children's Home Society of Virginia
1620 Fifth Street, S.W.
Roanoke, VA 24016
(540) 344-9281

Children's Home Society of Virginia
2300 Fall Hill Avenue, Suite 238
Fredericksburg, VA 22401
(540) 226-0583

Continuing Your Pregnancy

If you are considering adoption, you may be concerned about the medical expenses involved with carrying a pregnancy to term. The adoption agency you choose can help arrange financial assistance to cover this essential medical care.

Birth Parent Bill of Rights

The following "Birth Parent Bill of Rights" was prepared as a public service by Spence-Chapin, a nonprofit, licensed child placement agency in New York. You may wish to discuss these issues with your chosen adoption agency.

1. You have the right to be free from pressure. This is an important decision, and you need time to make it. Your adoption agency should assist you to plan for your child's future, not insist that you make up your mind before the baby's birth or even immediately afterwards.
2. You have the right to total confidentiality. Even if you are a minor, placing a child in adoption is your decision alone, and it should be respected.
3. You have the right to get help with medical and other pregnancy-related expenses. If you don't have health insurance or aren't eligible for Medicaid, your medical fees, including those of private doctors, should be paid for either by your adoption agency or by the adoptive family.
4. You have the right to be put in touch with other women who have placed their babies in adoptive homes. Before making a decision, or afterwards, you may wish to speak with someone else who has had the same experience and understands your feelings.
5. You have the right to counseling. A trained and impartial social worker familiar with adoption should be available to help you review all the options and make the best plan for you and your baby. You should be able to come back for counseling or to supply updated information at any time. An established agency understands adoption is a lifelong process and not a spur-of-the-moment decision.
6. You have the right to choose your baby's adoptive parents. You should be presented with several families so that you can choose the family you would want for your child. If you are responding to an advertisement, you should talk with the family. You should consider meeting the family, and this should be an option.
7. You have the right to a safe, legal, efficient process. You should be able to review and familiarize yourself with all related documents and papers ahead of time, and you have the right to keep copies of anything you sign.
8. You have the right to peace of mind. Every prospective adoptive family should be pre-screened to be sure they will provide your baby with an excellent and loving home. The adoption agency should prepare a thorough home study report detailing the family's work history, physical and emotional health, financial situation and personal history.
9. You have the right to choose ongoing communication with the adoptive family including the exchange of pictures and letters.
10. You have the right to choose an open adoption. You and the adoptive family can choose to be in contact with each other through phone calls, letters, email and personal visits.
11. You have the right to take as much time as you need to make an adoption plan. Verbal promises or written agreements signed before the birth of the baby are NOT binding in any way. You should not sign relinquishment documents until you are absolutely sure that adoption is the right choice for you and your baby.

12. You have the right to an adoption agency that will stand by a child with health problems. You should expect your adoption resource to locate adoptive families for any child regardless of health issues.

13. You have the right to send the adoption agency updated medical information. An established agency will still be there for you if any medical condition develops about which your child and the adoptive family should know. Your adoption agency should be able to maintain records and provide this necessary service.

Prenatal Care

If you plan to continue your pregnancy or are unsure of your plans, it is important that you begin prenatal care with a health care provider to ensure a healthy pregnancy. If you are concerned about the cost of medical care, you may be eligible for medical and nutritional assistance during your pregnancy and thereafter.

Women, Infants, & Children Program (WIC)

The Virginia Department of Health Office of Family Health Services has a Special Supplemental Nutrition Program that provides high-quality nutritional care to low-income pregnant, lactating, postpartum women and children up to the age of five. This program is operated through local health departments and satellite and mobile clinics across Virginia. Call toll-free 1-888-942-3663 or email WICinfo@vdh.virginia.gov for more information.

Financial Assistance for Health Insurance While Pregnant

The Family Access to Medical Insurance Security (FAMIS) MOMS program provides health care coverage for pregnant women. Good health care during pregnancy is important for you and the baby. Requirements include:

- You are currently uninsured;
- You meet family income guidelines (see chart below);
- You have a medically confirmed pregnancy or are within a sixty-day period after the end of your pregnancy;
- Not have access to a state employee health plan;
- You are a resident of Virginia and a U.S. citizen or qualified legal immigrant.

FAMIS MOMS Income Limits *		
Effective July 1, 2009		
Family Size **	Income Limits	
	Year	Month
2	\$29,140	\$2,429
3	\$36,620	\$3,052
4	\$44,100	\$3,675
5	\$51,580	\$4,299
6	\$59,060	\$4,922
7	\$66,540	\$5,545
8	\$74,020	\$6,169
Each additional family member	\$7,480	\$624

Income limits are adjusted annually.

* based on income before taxes (some income may be excluded and certain deductions may apply)

** count the unborn child(ren) as additional family members

Women not eligible for FAMIS MOMS, may be eligible for Medicaid for Pregnant Women or Emergency Services Medicaid.

To apply for FAMIS MOMS, call toll-free 1-866-87FAMIS (1-866-873-2647) or apply online at <http://www.famis.org/moms.cfm?lang=English>.

PARENTING RESOURCES

Child Support

Children as well as parents can suffer if they don't receive financial support from both of their parents. Virginia's Division of Child Support Enforcement collects support for children from an absent parent. For more information, call 800-468-8894 or visit the Child Support Enforcement online at <http://www.dss.virginia.gov/family/dcse.html>.

For more information on the Division of Child Support Enforcement office in your district, visit <http://www.dss.virginia.gov/family/dcseoffices.cgi> or call 800-468-8894

Positive Parenting Tips

Being a parent is rewarding and challenging. The website of The Child Welfare League of America provides helpful tips for parents on topics, including play, discipline techniques, toilet training, communicating with young children, building your child's self-esteem as well as humor and perspectives on parenting. Visit <http://www.cwla.org/positiveparenting/> to find information that will make your job as a parent more enjoyable and effective.

Financial Assistance for Your Child's Health Insurance

Virginia's Child Health Insurance Programs are the Family Access to Medical Insurance Security Plan (FAMIS), FAMIS Plus (the name for children's Medicaid), and Medicaid. FAMIS might help pay your monthly health insurance premium for family coverage, if offered by your employer. FAMIS also pays for well-child check-ups and immunizations that will help keep your child healthy.

Services that may be covered by FAMIS include: doctor visits; well-baby checkups; hospital visits; vaccinations; prescription medicine; tests and X-rays; emergency care; vision care; mental health care. Your children may be eligible if they:

- Live in Virginia;
- Are under age 19;
- Don't have health insurance now and haven't had it in the past 4 months (some exceptions apply);
- Are not eligible for the Virginia state employee health insurance plan;
- Are not eligible for FAMIS Plus (also known as Medicaid);
- Live in families meeting FAMIS income guidelines (see chart below);
- Are United States citizens or qualified undocumented immigrants.

Other children may be eligible, please call 1-866-87FAMIS (1-866-873-2647) to find out more.

Qualifying for FAMIS also depends on household income and family size. To find out your family size, count how many children and stepchildren under age 19 live in your home.

Add yourself if you are the mother, father or stepparent of the children. Then add your husband or wife. For example, if you have 4 children and/or stepchildren under age 19 living in your home, plus yourself and your husband, your family size is 6.

FAMIS Income Limits – 200% FPL (Gross Income)
 February 18, 2005
 Family Size Income Limits

FAMIS Income Limits* (Gross Income)		
Effective January 23, 2009		
Family Size	Income Limits	
	Year	Month
1	\$21,660	\$1,805
2	\$29,140	\$2,429
3	\$36,620	\$3,052
4	\$44,100	\$3,675
5	\$51,580	\$4,299
6	\$59,060	\$4,922
7	\$66,540	\$5,545
8	\$74,020	\$6,169
Each additional family member	\$7,480	\$624

* Income limits are adjusted annually.

Dental services for children enrolled in FAMIS or FAMIS Plus are provided through the new Smiles for Children program. The Smiles for Children program encourages good dental health and recommends regular check-ups with your dental provider.

For questions or to find a dental provider in your area, call 1-888-912-3456.

There are three ways to apply for FAMIS:

1. Call FAMIS toll-free, 1-866-87FAMIS (1-866-873-2647)
2. Submit an application form online at <http://www.famis.org/>
3. Download an application of <http://www.famis.org/> and, once you complete it, mail it to:

FAMIS
 P.O. Box 1820
 Richmond, VA 23218-1820

Or fax it to 1-888-221-9402

Child Care Assistance

The Virginia Department of Social Services determines eligibility for child care assistance and makes child care payments directly to providers for families in Virginia’s Temporary Assistance for Needy Families (TANF) program and through another program titled the Virginia Initiative for Employment not Welfare. Child care assistance for non-TANF families is administered through the local offices of Virginia’s Department of Social Services. Call the Virginia Department of Social Services at 800-552-3431 to find your local office contact information.

Parents without Partners

This international organization offers a range of educational and social activities for single parents who become members, including support services such as babysitting, clothing, and toys-through-exchange networks. For more information, visit the Parents without Partners website at www.parentswithoutpartners.org. You can find out if there is a chapter in your area by clicking on their “Find a Chapter” section and selecting Virginia.