

2009

**VIRGINIA BOOK OF CHOICES**  
**Resources for Unplanned Pregnancy and Family Planning**



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An electronic version of this guide will be available and updated on our website, [www.naralva.org](http://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 (202) 530-4168, by email at [info@naralva.org](mailto: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 after sexual intercourse. Recent studies suggest that it may be effective up to five days after unprotected sex. However, EC is most 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](http://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](http://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](mailto: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, STD 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.

Accomack County  
(757) 787-5880

Arlington County  
(703) 228-1200

Buckingham County  
(434) 969-1292

Albermale County/  
Charlottesville City  
(434) 972-6211

Bath County  
(540) 839-7246

Buena Vista City  
(540) 261-2149

Alexandria City  
(703) 838-4400 ext. 226

Bedford County  
(540) 586-7952

Campbell County  
(434) 592-9550

Alleghany/Covington  
County  
(540) 962-2173

Bland County  
(276) 688-4651

Caroline County  
(804) 633-5465

Amelia County  
(804) 561-2712

Botetourt County  
(540) 473-8240

Carroll County  
(276) 728-2166

Amherst County  
(434) 946-9408

Bristol City  
(276) 642-7335

Charles City County  
(804) 829-2490

Appomattox County  
(434) 352-2313

Brunswick County  
(434) 848-2525

Charlotte County  
(434) 542-5251

Buchanan County  
(276) 935-4591

Chesapeake City  
(757) 382-8687

Chesterfield County (804) 751-4350	Frederick County/ Winchester (540) 722-3470	Isle of Wight County (757) 357-4177
Clarke County (540) 955-1033	Fredericksburg City (540) 899-4142	King and Queen County (804) 785-6154
Clifton Forge City (540) 862-4131	Galax City (276) 236-6127	King George County (540) 775-3111
Colonial Heights City (804) 520-9380	Giles County (540) 921-1335	King William County (804) 769-4988
Craig County (540) 864-5136	Gloucester County (804) 693-2445	Lancaster County (804) 462-5197
Culpeper County (540) 829-7350	Goochland County (804) 556-5343	Lee County (276) 346-2011
Cumberland County (804) 492-4661	Grayson County (276) 773-2240	Lexington/ Rockbridge County (540) 463-3185
Danville City (434) 799-5190	Greene County (434) 985-2262	Loudoun County (703) 777-0236
Dickenson County (276) 926-4979	Greensville County/ Emporia (434) 348-4235	Louisa County (540) 967-3703
Dinwiddie County (804) 469-3771	Halifax County (434) 476-4863	Lunenburg County (434) 696-2346
Essex County (804) 443-3396	Hampton City (757) 727-1172, ext. 21710	Lynchburg City (434) 947-6785
Fairfax County (Falls Church) (703) 237-3446	Hanover County (804) 365-4313	Madison County (540) 948-5481
Fairfax County (Alexandria) (703) 704-5333	Harrisonburg/ Rockingham County (540) 574-5100	Mathews County (804) 725-7131
Fairfax County (Reston) (703) 689-2180	Henrico County (804) 501-4651 or (804) 652-3190	Mecklenburg County (434) 738-6545
Fauquier County (540) 347-6400	Henry County/Martinsville (276) 638-2311	Middlesex County (804) 758-2381
Floyd County (540) 745-4929	Highland County (540) 468-2270	Montgomery County (540) 381-7100
Fluvanna County (434) 591-1960	Hopewell City (804) 458-1297	Nelson County (434) 263-8315
Franklin City (757) 562-6109		New Kent County (804) 966-9640
Franklin County (540) 484-0292		

Newport News City (757) 594-7305	Prince William County (Woodbridge) (703) 792-7300	Stafford County (540) 659-3101
Norfolk City (757) 531-2135	Pulaski County (540) 994-5030	Suffolk City (757) 514-4700
Northampton County (757) 442-6228	Radford City (540) 831-5774	Surry County (757) 294-3185
Northumberland County (804) 580-3731	Rappahannock County (540) 675-3516	Sussex County (434) 246-8611
Nottoway County (434) 645-7595	Richmond City (804) 646-6850	Tazewell County (276) 988-5585 or (276) 998-0414
Orange County (540) 672-1291	Richmond County (804) 333-4043	Virginia Beach City (757) 518-2700
Page County (540) 743-6528	Roanoke City (540) 857-7600	Vinton (540) 857-7800
Patrick County (276) 694-3188	Roanoke County/Salem (540) 387-5530	Warren County (540) 635-3159
Petersburg City (804) 863-1652	Russell County (276) 889-7621	Washington County (276) 676-5604
Pittsylvania County (434) 432-7232	Scott County (276) 386-1312	Waynesboro City/Augusta (540) 949-0137
Portsmouth City (757) 393-8585	Shenandoah County (540) 459-3733	Westmoreland County (804) 493-1124
Powhatan County (804) 598-5680	Smyth County (276) 781-7460	Williamsburg (757) 253-4813
Prince Edward County (434) 392-8187	Southampton County (757) 653-3040	Wise County (276) 328-8000
Prince George County (804) 733-2630	Spotsylvania County (540) 507-7400	Wythe County (276) 228-5507
Prince William County (Manassas) (703) 792-6300	Staunton City/ Augusta County (540) 332-7830	York County/Williamsburg (757) 594-7300

## **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).

See <http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118465.htm#barr> for more information.

### **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.

See <http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118465.htm#barr> for more information.

### **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 1 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.

See <http://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm118465.htm#barr> for more details.

### **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. Vasectomy is the most effective birth control for men. It is nearly 100 percent effective. However, vasectomy is not immediately effective. Sperm remains beyond the blocked tubes. You must use other birth control until the sperm are 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 day. Emergency contraception, also known as the “morning after pill,” is most effective when taken within 72 hours after 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.

Emergency contraception is most effective when taken within 72 hours after unprotected sex. The earlier you take it, the more effective it is. Therefore, it is important to seek emergency contraception services as soon as possible.

#### **Be Prepared**

If you are sexually active and don't want to become pregnant, you may consider getting an advance prescription from your health care provider to have with you in case of emergency. Ask for a prescription and counseling about correct use at your annual exam. Ask for emergency contraception or the morning-after pill.

#### **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 disease;
- Make a contraceptive plan for the immediate future so you don't have to rely only on emergency contraception.

### **Where to Get Emergency Contraception**

Emergency Contraception is now available in Virginia without a prescription for patients 17 years of age and older. As of September 2009, Plan B One-Step (a one dose version of Emergency Contraception) and a generic brand of Emergency contraception are both available to women 17 and older without a prescription; women younger than 17 still need to obtain a prescription for Emergency Contraception. The first place to call for a prescription for emergency contraception is your own health care provider. If you are not able to obtain a prescription from your provider quickly, there are many other places where you can seek help.

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. Obtaining a prescription in a timely manner can be difficult, so if you are 17 or older your neighborhood pharmacy should provide EC without a prescription.

Once you obtain a prescription, you will need to fill that prescription at a local pharmacy. Some pharmacies may not stock or dispense emergency contraception. Please notify NARAL Pro-Choice Virginia at (202) 973-3085 or by email at [info@naralva.org](mailto:info@naralva.org) if a pharmacist or drug store refuses to fill your prescription for emergency contraception or any other form of birth control.

### **Virginia Emergency Contraceptive Providers**

For more information about EC or where to obtain it, visit [www.not-2-late.com](http://www.not-2-late.com). The average cost of emergency contraception is \$40-50. It is always a good idea to call and confirm the pharmacy has EC on hand before making the trip and to verify that they will sell it to you without a prescription if you are 17 or older.

#### **ALEXANDRIA**

*Annandale Women and Family  
Center*

(703) 751-4702

*James J. Aria, MD PC*

(703) 461-7500

*Safeway*

(703) 340-1037

(703) 461-7500

(703) 379-1554

(703) 765-0540

(703) 313-8802

(703) 823-2641

(703) 921-3127

(703) 703-780-3653

#### **ALEXANDRIA (cont.)**

*CVS*

(703) 836-7668

(703) 683-4433

(703) 768-7044

(703) 823-3584

(703) 660-2395

(703) 548-5540

(703) 998-6560

(703) 370-6440

(703) 823-7430

(703) 671-5600

(703) 370-4206

#### **ARLINGTON**

*Safeway*

(703) 276-9415

(703) 524-4884

(703) 841-2432

(703) 538-6911

#### **ASHBURN**

*Safeway*

(703) 726-1374

#### **BLACKSBURG**

*Montgomery OB/GYN*

(540) 951-1550

*Planned Parenthood*

(540) 951-5184

**BUENA VISTA**  
*Buena Vista Health  
Department*  
(540) 261-2149

**BURKE**  
*Safeway*  
(703)440-1344

**CENTREVILLE**  
*Safeway*  
(703) 631-5292

**CHARLOTTESVILLE**  
*Planned Parenthood*  
(434) 296-1000  
*Teen Health Center (women  
20 and younger) \*free EC*  
(434) 982-0090  
*UVA OB/GYN Clinic at  
Primary Care Center*  
(434) 924-1955  
CVS  
(434) 296-0156  
(434) 244-4028  
(434) 979-1441  
(434) 293-9151  
(434) 978-7990

**CHESAPEAKE**  
*Total Care For Women*  
(757) 436-0167

**CLIFTON FORGE**  
*Clifton Forge City Health  
Department*  
(540) 862-4131

**COVINGTON**  
*Alleghany/Covington Health  
Department*  
(540) 962-2173  
CVS  
(540) 962-3951

**DALE CITY**  
*Safeway*  
(703) 590-8021

**FAIRFAX**  
*David M. Margulies, M.D.  
P.A.*  
(703) 876-9444  
*Femme Care (women aged 16  
and OLDER)*  
(703) 876-9300

*Nova Healthcare*  
(703) 691-4141  
*American Women's Services*  
(703) 205-9310  
*Safeway*  
(703) 273-1333  
(703) 978-7326  
(703) 269-2244  
(703) 359-0525

**FALLS CHURCH**  
*Planned Parenthood*  
(703) 533-5651  
*Primary Care for Women*  
(703) 533-3633  
*Safeway*  
(703) 533-3802  
(703) 241-4126  
(703) 573-0177

**FINCASTLE**  
*Botetourt County Health  
Department (only for current  
patients/women who become  
patients)*  
(540) 473-8240

**GREAT FALLS**  
*Safeway*  
(703) 759-3837

**HAMPTON**  
*Hampton Health Department*  
(757) 727-1172 ext. 172  
*Planned Parenthood*  
(757) 826-2079  
CVS  
(757) 262-1227

**HARRISONBURG**  
*Harrisonburg-Rockingham  
Health Department*  
(540) 463-3185

**HERNDON**  
*Safeway*  
(571) 262-2970

**LEESBURG**  
*Loudoun Physicians for  
Women,  
Doctors Willoughby, Brown,  
Allen and Wever*  
(703) 777-5111  
*Safeway*  
(703) 771-1741

**LEXINGTON**  
*Lexington OB/GYN PC*  
(540) 463-7361  
*Lexington/Rockbridge Health  
Department*  
(540) 463-3185  
CVS  
(540) 463-7126

**LYNCHBURG**  
*Planned Parenthood*  
(434) 845-3178

**MANASSAS**  
*Prince William Women's  
Clinic/  
Amethyst Health Center for  
Women*  
(703) 335-2779  
CVS  
(703) 257-0002  
(703) 368-8343  
(703)369-1920

**MCLEAN**  
*McLean Immediate Care (no EC in  
stock, will write prescriptions)*  
(703) 893-2273  
*Safeway*  
(703) 533-7315  
(703) 790-3621  
(703) 533-7315

**MIDDLESBURG**  
*Safeway*  
(540) 687-6438

**MONTEREY**  
*Highland County Health  
Department*  
(540) 468-2270

**NEW CASTLE**  
*Craig County Health  
Department*  
(540) 864-5136

**NORFOLK**  
*Hillcrest Clinic*  
(757) 480-2800  
*Planned Parenthood of Southeastern  
Virginia*  
(757) 826-2198

**RESTON**

*Medical Associates of Reston*  
 (703) 435-2227  
*Safeway*  
 (703) 620-2444  
 (703) 716-4203

**RICHMOND**

*The Gyn Center, LLC*  
 (804) 225-9111  
*Virginia League for Planned Parenthood*  
 (804) 254-1760

**ROANOKE**

*Planned Parenthood*  
 (540) 562-3457  
*Roanoke City Health Department*  
 (540) 857-7600

**SALEM**

*Roanoke County/Salem Health Department*  
 (540) 387-5530

**SPRINGFIELD**

*About Women OB/GYN*  
 (703) 569-8988

**STAFFORD**

*Adler Center for Women's Health*  
 (540) 659-0928

**STERLING**

*Loudoun Physicians for Women, Dr. Anne Brown*  
 (703) 430-7770  
*Paul H. Weisshaar MD PC*  
 (703) 450-8700  
*Safeway*  
 (703) 948-1083  
 (703) 430-4355

**SUFFOLK**

*Specialists For Women*  
 (757) 539-3911

**THE PLAINS**

*Family Care in the Plains*  
*R. Bickel, M.D. and P. Newton, A.N.P.*  
 (540) 253-5776

**VIENNA**

*Safeway*  
 (703) 281-0501

**VINTON**

*Roanoke County/Vinton Health Department*  
 (540) 857-7800

**VIRGINIA BEACH**

*Planned Parenthood*  
 (757) 473-8116  
*Total Care For Women, PLC*  
 (757) 497-1729  
*Virginia Women's Wellness*  
 (757) 306-4706  
*American Women's Services*  
 (757) 306-4706

**WARM SPRINGS**

*Bath County Health Department*  
 (540) 839-7246

**WAYNESBORO**

*Waynesboro Health Department*  
 (540) 949-0137  
 CVS  
 (540) 943-1246

**WOODBRIIDGE, VA**

*Safeway*  
 (703) 590-0471  
*About Women OB/GYN*  
 (703) 878-0740  
*Adler Center for Women's Health - Woodbridge*  
 (703) 680-5327  
*Fairfax OB/GYN Gail Edwards, RNC, ANP*  
 (703) 491-718

**“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](http://www.birthcontrol.org) and [www.pregnancycenters.org](http://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 202-530-4168.

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

*Bedford Pregnancy Center*  
159 Market Sq  
Bedford, VA 24523  
**Bedford**

*Bethany Christian Center*  
1616 Stafford Ave  
Fredericksburg, VA 22401  
**Fredericksburg**

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

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

*Birthright*  
10752B Ambassador Dr  
Manassas, VA 20109  
**Northern Virginia**

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

*Bethany Christian Services*  
10378B Democracy Lane  
Fairfax, VA 22030  
**Northern Virginia**

*Birthright*  
150 Kingsley Lane  
Norfolk, VA 23505  
**Norfolk**

*Albermarle Pregnancy Center*  
1420 Greenbrier Pl  
Charlottesville, VA 22901  
**Charlottesville**

*Bethany Christian Services*  
287 Independence Blvd #241  
Hampton Roads, VA 23462  
**Hampton Roads**

*Birthright*  
4235 Dale Blvd  
Dale City, VA 22193  
**Northern Virginia**

*Alexandria Pregnancy Health Center*  
8350 Richmond Hwy, Ste 13A  
Alexandria, VA 22309  
**Northern Virginia**

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

*Birthright*  
405 Westwood Office Park  
Fredericksburg, VA 22401  
**Fredericksburg**

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

*Bethany Christian Services*  
1677 Jamestown Rd  
Williamsburg, VA 23185  
**Williamsburg**

*Birthright*  
23 South King St, Suite I  
Leesburg, VA 20175  
**Northern Virginia**

*Birthright*  
13406 Occoquan Rd.  
Woodbridge, VA 22191  
**Northern Virginia**

*Blue Ridge Pregnancy Center*  
1915 Thompson Dr.  
Lynchburg, VA 24501  
**Lynchburg**

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

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

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

*Care Net Pregnancy Resource Centers*  
578 Old Waterloo Rd, Ste 4A  
Warrenton, VA 20186  
**Warrenton**

*Care Net Pregnancy Resource Centers*  
1117 Old Colony Lane  
Williamsburg, VA 23185  
**Williamsburg**

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

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

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

*Comfort Care Women's Health*  
1305 13<sup>th</sup> St  
Waynesboro, VA 22980  
**Waynesboro**

*Crisis Pregnancy Center of Roanoke  
Valley/Blue Ridge Women's Center*  
610 S Main St  
Rocky Mount, VA 24151  
**Rocky Mount**

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

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

*Front Royal Pregnancy Center*  
14 W. Main St.  
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**

*Life Choices Resource Center*  
10521-D Braddock Rd  
Fairfax, VA 22030  
**Northern Virginia**

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

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

*New Life Crisis Pregnancy Center*  
1449 Court House Rd  
Stafford, VA 22554  
**Stafford**

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

*Peninsula Crisis Pregnancy Center*  
2019 Cunningham Dr, Ste 402  
Hampton, VA 23666  
**Hampton**

*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*  
1360 E Washington St  
Petersburg, VA 28303  
**Petersburg**

*Shenandoah County Pregnancy Center*  
82 Landfill Rd  
Edinburg, VA 22824  
**Edinburg**

*SLM Pregnancy Help Center*  
10875 Main Street, Ste 109  
Fairfax, VA 22030  
**Northern Virginia**

*The Caring Pregnancy Center*  
Mobile with an Office in Radford  
**Radford/Blacksburg/Pulaksi**

*The Keim Center*  
814 W Constance Rd  
Suffolk, VA 23434  
**Suffolk**

*The Keim Center*  
3145 Virginia Beach Blvd, Ste 109  
Virginia Beach, 23452  
**Virginia Beach**

*The Keim Center/  
Crisis Pregnancy Center of Tidewater*  
5000 Portsmouth Blvd, Ste 1  
Portsmouth, VA 23701  
**Portsmouth**

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

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

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

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

*Tri-Area Crisis Pregnancy Center*  
PO Box 567  
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 <http://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 8 am to 9pm and from 9 am to 5 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 pregnant 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](http://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 irretrievably 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 19, you must obtain a notarized written consent from a parent or legal guardian at least 24 hours before an abortion procedure. 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 19, 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; because some clinics require an in-office visit for counseling, we encourage you to call to find out each clinic's specific policy in advance.

### **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 October 2009. 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 8 am – 2pm

##### **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**

Monday, Thursday, Friday 9 am – 5 pm, Tuesday 11 am – 7 pm, Saturday 10 am – 2pm.

#### **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. Only available on Friday. Please call for costs and details.

#### **Clinic Hours**

Monday 9 am – 7pm, Tuesday 10 am – 7pm, Wednesday & Friday 9am – 5pm, Thursday 8am – 5pm, 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 7 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.

## FAIRFAX

### **American Women's Services**

8316 Arlington Blvd.

Fairfax, VA 22031

800-854-7280

[http://www.americanwomensservices.com/office\\_locations/va/fairfax.php](http://www.americanwomensservices.com/office_locations/va/fairfax.php)

#### **Medical Abortion**

Available up to 9 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, money-order, Visa, MasterCard, Discover. Insurance is accepted, please call 800-501-9165 to verify coverage.

#### **Clinic Hours**

Open six days a week, including evening and Saturday hours.

#### **Appointments**

Appointments must be made at least 24 hours in advance.

#### **Available Discounts**

Medicaid: \$70 fee reduction

Active Military: \$50 fee reduction

#### **Insurance**

Accepts most insurance plans & HMOs including, but not limited to, Aetna, Anthem, AmeriHealth, Blue Cross/Blue Shield, CareFirst, Cigna, Great-West, Keystone East, NJ Medicaid, National Capital PPO, Oxford Freedom Plan, UniCare, and United Healthcare. Call 800-501-9162 to verify insurance coverage.

### **NOVA Healthcare**

10400 Eaton Place

Suite 515

Fairfax, VA 22030

703-691-4141

<http://www.novahc.com>

novahealth10400 on AIM or Yahoo Messenger

#### **Medical Abortion**

Available 4-7 weeks since Last Menstrual Period (LMP).

Mifeprex (RU-486) \$320

Methotrexate \$320

#### **Surgical Abortion**

With Local anesthesia \$260

With "Twilight" Sedation (Awake) \$330

With Deep IV Sedation (Asleep) \$480

#### **Additional Costs**

Rhogam Injection, medical requirement for Rh Negative Patient - \$45

#### **Clinic Hours**

Monday – Friday 9am – 5pm, Saturday 8am -2pm.

#### **Appointments**

Appointments must be made at least 24 hours in advance.

#### **Available Discounts**

Please call if you are experiencing financial difficulties or transportation problems.

## FALLS CHURCH

### ***Falls Church Healthcare Center***

900 South Washington Street

Suite 300

Falls Church, VA 22046

703-532-2500

<http://www.fallschurchhealthcare.com>

[fchc@fallschurchhealthcare.com](mailto:fchc@fallschurchhealthcare.com)

#### **Medical Abortion**

Available up 4-8 weeks since Last Menstrual Period (LMP). Cost: \$325

#### **Surgical Abortion**

Available up to 13.3 weeks since LMP. Cost:

With Local Anesthesia \$275

With Sedation \$475

#### **Payment**

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

#### **Clinic Hours**

Monday – Friday 8:30am – 5pm, Saturday 7am – 12pm. Special Evening Hours on Tuesdays 5pm – 8pm.

#### **Appointments**

Appointments must be made at least 24 hours in advance.

#### **Available Discounts**

Discounts for Medicaid 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>

#### **Medical Abortion**

Available up to 8 weeks since Last Menstrual Period (LMP).

#### **Surgical Abortion**

Available up to 14 weeks since LMP.

#### **Costs**

\$285-485 depending on stage pregnancy.

#### **Payment**

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

#### **Clinic Hours**

Monday, Thursday, Friday 10am – 5pm, Tuesday 12pm – 8 pm, Saturday 9 am – 1pm.

#### **Appointments**

Appointments must be made at least 24 hours in advance.

## 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

#### **Medical Abortion**

Available; please call for costs and details

#### **Surgical Abortion**

Available; please call for costs and details

#### **Additional Costs**

IV Sedation

Ultrasound

Follow-Up Visit- \$55

#### **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.

#### **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 7 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](http://www.yourchoice-va.com;); [atidewaterwomenshealthclinic@msn.com](mailto:atidewaterwomenshealthclinic@msn.com)

#### **Medical Abortion**

Available up to 8 weeks since Last Menstrual Period (LMP).

Mifeprex (under 8 weeks) \$399

Methotrexate (under 7 weeks) \$330, (7.0-9 weeks) \$450

**Surgical Abortion**

Available up to 14 weeks since LMP. Cost:

12 weeks and under \$260

At 12 weeks \$360

13-14 weeks \$460

**Additional Costs**

Rhogam - \$45

IV Sedation "Twilight" - \$65

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 12 weeks - \$200, at 12 weeks - \$275, at 13-14 weeks - \$390

Military/Student: Under 12 weeks - \$220, at 12 weeks - \$320, at 13-14 weeks - \$420

***Hillcrest Clinic***

1600 East Little Creek Road, Suite 235

Norfolk, VA 23518

757-461-0011

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

**Medical Abortion**

Available up to 8 weeks since Last Menstrual Period (LMP). Cost: \$335. Must live within 45 minutes of clinic.

**Surgical Abortion**

Available up to 14 weeks since LMP. Cost:

6-12 weeks from LMP \$275

12-13 weeks from LMP \$350

13-14 weeks from LMP \$450

**Additional Costs**

Conscious Sedation \$60

Sleep Sedation \$175

Rhogam (if necessary) \$40

**Payment**

Cash, money-order, traveler's checks, certified checks, MasterCard and Visa.

**Clinic Hours**

Monday – Saturday 8am – 6pm.

**Appointments**

Appointments must be made at least 24 hours in advance.

**Location Information**

Free parking is available behind the Atlas building. Hillcrest reimburses the toll fee for Eastern Shore patients who are traveling the Chesapeake Bay Bridge tunnel.

***Norfolk Health Center, Planned Parenthood of Southeastern Virginia***

425 W 20<sup>th</sup> Street #6

Norfolk, VA 23517

757-624-9224

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2673>

**Medical Abortion**

Available up to 8 weeks after last menstrual period (LMP); please call for costs and details.

**Surgical Abortion**

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

**Payment**

Cash, money-order, and major credit cards.

**Clinic Hours**

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

**Appointments**

Appointments must be made at least 24 hours in advance.

**RICHMOND*****A Capital Women's Health Clinic***

1511 Starling Drive

Richmond, VA 23229

804-754-1569

<http://www.capitalwomenshealth.com>

**Medical Abortion**

Available up to 7 weeks since Last Menstrual Period (LMP). Cost: \$375

**Surgical Abortion**

Available up to 14 weeks since LMP. Cost:

10 weeks and under with local anesthesia \$296

10 weeks and under with IV sedation \$350

11-13 weeks with local anesthesia \$395

11-13 weeks with IV sedation \$495

**Additional Costs**

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

Heart Murmur / MitralValveProlapse - \$25

Ultrasound Only - \$75

Patient follow-Up - \$25

**Payment**

Cash and major credit cards.

**Clinic Hours**

Monday – Saturday

**Appointments**

Appointments must be made at least 24 hours in advance.

***Richmond Medical Center for Women***

118 N Boulevard

Richmond, VA 23220

804-359-5066

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

**Medical Abortion**

Available up to 7 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  
804-482-6133

<http://www.plannedparenthood.org/virginia-league/index.htm>

**Abortion**

Available; please call for costs and details.

**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  
757-826-2079

<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 9am – 7pm, Saturday 9 am – 1pm.

**Appointments**

Appointments must be made at least 24 hours in advance.

***Roanoke Medical Center for Women***

119 2<sup>nd</sup> St SW  
Roanoke, VA 24016  
804-359-5066

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

**Medical Abortion**

Available up to 7 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 Beach Health Center, Planned Parenthood of Southeastern Virginia***

5441 Virginia Beach Blvd #102  
Virginia Beach, VA 23462  
757-473-8116

<http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2674>

**Abortion**

Available; please call for costs and details.

**Cost**

\$285-485.

**Payment**

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

**Clinic Hours**

Monday, Tuesday, Wednesday, Friday 9am – 5pm, Thursday 9am – 7pm, Saturday 9 am – 1pm.

**Appointments**

Appointments must be made at least 24 hours in advance.

***Virginia Women's Wellness***

224 Gorveland Road

2<sup>nd</sup> floor

Virginia Beach, VA 23452

800-478-9065

[http://www.americanwomensservices.com/office\\_locations/va/virginia\\_beach.php](http://www.americanwomensservices.com/office_locations/va/virginia_beach.php)

**Medical Abortion**

Available up to 9 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, money-order, Visa, MasterCard, Discover. Insurance is accepted, please call 800-501-9165 to verify coverage.

**Clinic Hours**

Open six days a week, including evening and Saturday hours.

**Appointments**

Appointments must be made at least 24 hours in advance.

**Available Discounts**

Medicaid: \$70 fee reduction

Active Military: \$50 fee reduction

**Insurance**

Accepts most insurance plans & HMOs including, but not limited to, Aetna, Anthem, AmeriHealth, Blue Cross/Blue Shield, CareFirst, Cigna, Great-West, Keystone East, NJ Medicaid, National Capital PPO, Oxford Freedom Plan, UniCare, and United Healthcare. Call 800-501-9162 to verify insurance coverage.

**Second-trimester Abortion Providers****RICHMOND, VIRGINIA*****Richmond Medical Center for Women***

118 N Boulevard

Richmond, VA 23220

804-359-5066

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

**Procedure**

Second-trimester abortions (from 13 to 21 weeks since the Last Menstrual Period (LMP)) are performed at the Medical College of Virginia under general anesthesia. The procedure requires two days. The initial day consists of pre-operation procedures, an ultrasound, counseling, and initial dilation of the cervix. The second day is the actual abortion.

**Cost**

Please call for details.

## FALLS CHURCH, VIRGINIA

### ***Falls Church Healthcare Center***

900 South Washington Street  
Suite 300  
Falls Church, VA 22046  
703-532-2500  
<http://www.fallschurchhealthcare.com>  
[fchc@fallschurchhealthcare.com](mailto:fchc@fallschurchhealthcare.com)

#### **Procedure**

13.3 weeks LMP to 22 weeks LMP for fetal anomalies; please call for consultation.

#### **Clinic Hours**

Monday – Friday 8:30am – 5pm, Saturday 7am – 12pm. Special Evening Hours on Tuesdays 5pm – 8pm.

## WASHINGTON, DC

### ***Potomac Family Planning Center***

Penn-Branch Shopping Center  
3230 Pennsylvania Avenue, Suite 200  
Washington, DC 20020  
(202) 583-2517  
(800) 798-6377  
<http://www.potomacfamilyplanning.com/>

#### **Procedure**

All surgical abortions are performed by a licensed gynecologist with more than 25 years of experience. Abortions are performed from approximately 5 weeks from the last menstrual period (LMP) to approximately 16 weeks LMP. The abortion procedure uses instruments to open the cervix and vacuum aspiration (suction) and instruments to empty the uterus. It takes 5 to 10 minutes depending on the length of the pregnancy.

#### **Cost**

11 or less weeks LMP \$250  
12 weeks LMP: \$270  
13 weeks LMP: \$310  
14 weeks LMP: \$400  
15 weeks LMP: \$500  
16 weeks LMP: \$600

Fees include lab work, ultrasound, antibiotics, birth control pills, and a 2 week follow up visit.

#### **Payment Methods**

Cash. Participating pre-authorized insurances are accepted as payment.

## CHEVERLY, MARYLAND

### ***American Women's Services***

6005 Landover Rad, Suite 6  
Cheverly, MD 20785  
1-800-364-2234  
<http://www.richmondmedctrforwomen.com/>

#### **Procedure**

First appointment can be held in **Fairfax** or **Virginia Beach** center; after that patient must go to Cheverly.

If you are between 14 and 24 weeks pregnant, your procedure will take two to three days to complete. You will have all necessary labwork, ultrasound, paperwork, counseling and exam on the first appointment day. The first part of the procedure will include the doctor's examination, manual dilation of the cervix and insertion of laminaria - a sterile material made of a spongy type of seaweed that expands by soaking up fluid from the cervix. This allows for a more gentle, wider and more natural dilation of the cervix than other methods. This process can take

one to two days depending on gestation and the individual woman. You will have an appointment to come in to the office each day until the procedure is complete, so that your dilation can be monitored.

While the laminaria are in, you will be expected to stay nearby the office and come in for all scheduled check-ups. When adequate dilation has occurred, the laminaria will be removed and your uterus emptied by the technique the physician feels is best for you. Twilight sleep will be provided for all patients undergoing an abortion procedure in the second trimester. This medication will relax you, reduce the amount of discomfort you may feel and can inhibit memory formation. You will be in a "twilight" state between asleep and alert. This medication is given by injection before the final procedure is begun. Twilight sleep is different from general anesthesia in that you will still be aware and able to respond and react. This type of sedation is safer than general anesthesia and carries less risk of serious adverse reactions.

**Cost**

Please call for details.

**Payment**

Cash, money order, Visa, MasterCard, Discover

**Insurance**

Accepts most insurance plans & HMOs including, but not limited to, Aetna, Anthem, AmeriHealth, Blue Cross/Blue Shield, CareFirst, Cigna, Great-West, Keystone East, NJ Medicaid, National Capital PPO, Oxford Freedom Plan, UniCare, and United Healthcare. Call 800-501-9162 to verify insurance coverage.

**ROCKVILLE, MARYLAND**

***Potomac Family Planning Center***

Penn-Branch Shopping Center

966 Hungerford Sr, Suite 24

Rockville, MD 20850

(301) 251-9124

(800) 260-2464

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

**Procedure**

All surgical abortions are performed by a licensed gynecologist with more than 25 years of experience. Abortions are performed from approximately 5 weeks from the last menstrual period (LMP) to approximately 17+ weeks LMP. The abortion procedure uses instruments to open the cervix and vacuum aspiration (suction) and instruments to empty the uterus. It takes 5 to 10 minutes depending on the length of the pregnancy.

**Cost**

11 or less weeks LMP: with Local Anesthesia \$250 with Twilight Sleep \$350 with General Anesthesia \$410

12 weeks LMP: with Local Anesthesia \$270 with Twilight Sleep \$370 with General Anesthesia \$430

13 weeks LMP: with Local Anesthesia \$310 with General Anesthesia \$485

14 weeks LMP: with Local Anesthesia \$400 with General Anesthesia \$550

15 weeks LMP: with Local Anesthesia \$500 with General Anesthesia \$650

16 weeks LMP: with Local Anesthesia \$600 with General Anesthesia \$780

17 weeks LMP: with Local Anesthesia \$750 with General Anesthesia \$1,000

18 weeks LMP: Doctor's Discretion

Fees include lab work, ultrasound, antibiotics, birth control pills, and a 2-3 week follow up visit.

**Payment Methods**

Cash or major Credit Card. Participating pre-authorized insurances are accepted as payment.

## HAGERSTOWN, MARYLAND

### ***Hagerstown Reproductive Services***

160 West Washington Street, Suite 100

Hagerstown, MD 21740

(301) 733-2400

(800) 773-9140

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

#### **Procedure**

Second trimester abortions are performed to approximately 16 weeks from the last menstrual period (LMP). The abortion procedure uses instruments to open the cervix and vacuum aspiration (suction) and instruments to empty the uterus; requires only one visit.

#### **Cost**

12 or less weeks LMP \$375

13 weeks LMP: \$450

14 weeks LMP: \$500

15 weeks LMP: \$550

16 weeks LMP: \$625

Fees include local anesthesia, lab work, ultrasound, antibiotics, birth control pills, and a 2 week follow up visit.

#### **Payment Methods**

Cash or credit/debit card.

#### **Additional Costs**

Rhogam if patient has a negative blood type. Up to 12 weeks LMP \$50, 13 weeks LMP and up \$100.

## HARRISBURG, PENNSYLVANIA

### ***Hillcrest Woman's Medical Center***

2709 North Front Street

Harrisburg, PA 17110

(717) 234-4994

(800) 245-2040

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

#### **Procedure**

All surgical abortions are performed by a licensed gynecologist with more than 25 years of experience. Abortions are performed from approximately 5 weeks from the last menstrual period (LMP) to approximately 16 weeks LMP. The abortion procedure uses instruments to open the cervix and vacuum aspiration (suction) and instruments to empty the uterus. It takes 5 to 10 minutes depending on the length of the pregnancy.

#### **Cost**

11 or less weeks LMP \$250

12 weeks LMP: \$270

13 weeks LMP: \$310

14 weeks LMP: \$400

15 weeks LMP: \$500

16 weeks LMP: \$600

Fees include lab work, ultrasound, antibiotics, birth control pills, and a 2 week follow up visit.

#### **Payment Methods**

Cash. Participating pre-authorized insurances are accepted as payment.

#### **Additional Costs**

Rhogam if patient has a negative blood type. Up to 12 weeks LMP \$50, 13 weeks LMP and up \$85.

## RALEIGH, NORTH CAROLINA

### ***Raleigh Women's Health Organization***

3613 Haworth Drive  
Raleigh, NC 27609  
(919) 783-0444  
Toll Free: (800) 532-5383  
[www.gynpages.com/rwho/](http://www.gynpages.com/rwho/)

#### **Procedure**

After medical history forms, labwork, and counseling are completed, the abortion takes place with medication to help with cramping pains. Abortions performed after the 12th week of pregnancy are similar to first trimester procedures, but because the pregnancy is more advanced, more time, greater physician skills, more medications, and more recovery time are required. Abortions past 16 weeks LMP may require a two day procedure.

#### **Cost**

15-16 weeks LMP: \$600 (General Anesthesia is an additional \$200)  
17 weeks LMP: \$990 (General Anesthesia included)  
18 weeks LMP: \$1030 (General Anesthesia included)  
19 weeks LMP: \$1590 (General Anesthesia included)

Fees are all-inclusive and include pre- and post-abortion counseling, laboratory studies, local anesthesia, physician's fee, and birth control information. Post-op exam not included.

#### **Additional Costs**

RhoGAM, a medication necessary for some women based upon blood factors, is an additional \$125.00.

#### **Clinic Hours**

The toll free number is answered Monday through Thursday 8:30 am - 8:00 pm; Friday 8:30 am - 7:00 pm; and Saturday 7:00 am - 2:00 pm.

#### **Payment Methods**

Money orders, cashier's check, ATM Card, American Express, MasterCard, VISA, Discover, and cash are accepted

#### **Insurance**

Accepts payment from the following insurance companies: Aetna, US Healthcare, BCBS, Cigna Healthcare, United Healthcare, and Wellpath. All other insurance they will file to reimburse you. Insurance must be verified in advance before you come for your appointment.

## BOULDER, COLORADO

### ***Boulder Abortion Clinic***

Warren Hern, MD  
1130 Alpine Avenue  
Boulder, CO 80304  
(303) 447-1361  
Toll Free (800) 535-1287  
[www.drhern.com](http://www.drhern.com)

#### **Procedure**

Available up to 26 weeks since the Last Menstrual Period (LMP). Abortions after 26 weeks LMP may be performed for compelling medical reasons, and are considered on a case-by-case basis. Please contact the clinic for more information.

## 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 2 weeks of a medical abortion and will suggest a follow-up visit within 2 to 4 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. Here are some recommended 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/](http://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 [mgryteinnerhealing.com](http://mgryteinnerhealing.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](mailto:info@naralva.org) or call 202-530-4168).

*Children's Home Society of Virginia Social Services*  
 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](mailto: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
<b>Each additional family member</b>	\$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.

<b>FAMIS Income Limits* (Gross Income)</b>			
<b>Effective January 23, 2009</b>			
<b>Family Size</b>	<b>Income Limits</b>		
	<b>Year</b>	<b>Month</b>	
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	
<b>Each additional family member</b>	\$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 baby-sitting, clothing, and toys-through-exchange networks. For more information, visit the Parents Without Partners website at [www.parentswithoutpartners.org](http://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.