

How to Prepare For Your In-clinic Abortion

Preparation

1. Eat lightly before you come to your appointment. This may help you better tolerate the procedure and medication. Please take 800mgs of Ibuprofen approximately 1 hour before your appointment time. If you do not have Ibuprofen at home or cannot obtain it, please let us know.
2. Please wear a face covering or mask to your appointment and keep your mouth and nose covered for the entire time you're in the health center.
3. You do not have to bring sanitary pads with you. Sanitary pads will be provided after your procedure and for your trip home.
4. For warmth and comfort, wear loose, comfortable clothing, and bring or wear socks and a sweater or sweatshirt to your appointment. There will be periods of time during your appointment when you will be waiting in your car or in the waiting room.
5. Please wear underwear to your appointment. If you are 12 weeks pregnant or more, please bring an extra pair of pants and underwear.
6. Do not drink alcohol or use recreational drugs such as marijuana, crack/cocaine, heroin, etc. for 24 hours before your appointment. You will be required to read, understand, and sign consent forms at your appointment. The use of these substances may prevent you from obtaining your scheduled abortion.
7. After the procedure, it is suggested that you have sanitary pads, Ibuprofen, and a thermometer at home for your recovery period.
8. Please arrive promptly at your appointment time. You can expect to be at your appointment for two to four hours.

Pain Relief

1. We will provide you with Ibuprofen after your procedure if needed. You do not have to bring Ibuprofen with you. We will also numb your cervix with medication to help make your procedure more comfortable.
2. If you regularly take any prescription pain or anti-anxiety medications, please let us know ahead of time. All other medications may be taken as prescribed.

Emergency Information

It is important to have the name and contact information of a person who can be notified in case of emergency or if we cannot reach you by your usual contact information. If you are under 18 years old and an emergency requiring hospitalization occurs, your parents or guardian must be notified. This rarely occurs. However, please come prepared to give us a telephone number where they can be reached on the day of the procedure.

Support

1. Due to COVID-19 guidelines, we regret that we cannot accommodate patients bringing a support person with them into the health center for any appointment. You are welcome to have someone accompany you and wait for you as long as they remain outside the health center for the duration of the appointment. Our staff will do our very best to offer you emotional support through this process.
2. Though suggested, it is not mandatory to be accompanied to your appointment. Since you will not be receiving sedation of any kind, you will be able to drive or walk home without assistance after your procedure.
3. Don't hesitate to call with any question or concern related to your procedure.

During Clinic Hours: (607) 273-1513

Monday/Wednesday: 9am-5:30pm • Tuesday/Thursday: 9am-4:30pm • Friday: 8am-4:30pm

24 Hour Emergency Line: (800) 225-0847

Driving Directions to Planned Parenthood of Greater New York – Ithaca

620 W. Seneca St., Ithaca, NY 14850

From Elmira area:

Take NY17W/Interstate 86W to exit 54
Merge onto NY 13 N, go about 27 miles
NY13 becomes S. Meadow St
Turn LEFT onto W. Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 45 min.

From Hornell/Corning area:

Find NY17E/Interstate 86W to exit 54
Merge onto NY 13 N, go about 27 miles
NY13 becomes S. Meadow St
After about 1 mile, turn LEFT at W Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 55 min (Corning area)
1hr. 45 min (Hornell area).

From Syracuse area:

Find 81S, follow approx. 30 miles
Take exit 12 toward US11/NY281 (Cortland/Homer)
Keep LEFT at fork, follow signs for NY 281 Ithaca
Take LEFT onto NY 281S/W Homer Rd
Continue onto NY13S for about 7.5 miles
Turn RIGHT onto NY13S/NY13 Scenic S/W Main St, continue to Ithaca
After about 13.8 miles, turn LEFT onto W State St/Martin Luther King Jr. Blvd
Turn LEFT at light onto 13N/N. Meadow St.
Turn LEFT onto W. Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 1hr. 10min.

From Cortland area:

Travel SOUTH on Main St toward Orchard St.
Take RIGHT onto NY13S/Tompkins St.
Take LEFT to stay on NY13S, go about 7.6 miles
Turn RIGHT onto NY13S/NY13 Scenic S/W Main St, continue to Ithaca
Travel 13.8 miles and turn LEFT onto W State St/Martin Luther King Jr. Blvd
Turn LEFT at light onto 13N/N. Meadow St.
Turn LEFT onto W. Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 35 min.

From Watkins Glen area:

Take NY 414N up hill
Bear RIGHT onto NY 79E
Turn Right on to stay on 79E
Continue on NY 79E for approx. 20 miles
Cross NY 13S/Fulton Ave. and continue on W. State St/Martin Luther King Jr. Blvd
Travel 1 block and turn LEFT on 13N/N. Meadow St.
Turn LEFT onto W. Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 35 min.

From Rochester area and points WEST:

Take I-90 E toward Albany on NY Thruway for about 25 miles
Merge onto Rt 14S via exit 42 (Geneva/Clifton Springs) for approx. 1 mile
Merge onto Rt 96 toward Waterloo for 6.6 miles
Turn RIGHT onto Virginia St/Rt 96
Continue to follow Rt 96S
Take RIGHT onto W. River St/Rt 96
Take first LEFT onto Fayette St/Rt 96 for approx. 16 miles
Turn LEFT to stay on 96 for 25 miles
Turn RIGHT onto N. Fulton St/96S
Turn LEFT onto W State St/Martin Luther King Jr. Blvd
Turn LEFT at light onto 13N/N. Meadow St.
Turn LEFT onto W. Seneca St.
Travel a ½ block—620 W. Seneca will be on the RIGHT.
Total Travel Time – 1 hr. 50min.

