

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

110 Ho Plaza,
Ithaca, NY
14853-3101

There are many reasons individuals need or choose to terminate a pregnancy. If you are considering an abortion, you're not alone. An estimated one in four American women* will have an abortion by the age of 45.

Cornell Health supports the reproductive choices of every student who comes to us for care, and can provide you with consultation, referrals, and emotional support.

NY State abortion law

Abortion is legal in New York State from conception through the 24th week of pregnancy. After 24 weeks, abortion is legal if someone's health or pregnancy is at risk. (Weeks of pregnancy is calculated by counting from the first day of your last period.) This applies to both adults and minors.

Abortion services in NY are completely confidential. Abortion providers are not allowed to disclose any information to anyone other than their patient, without their permission.

To learn about abortion policies in other states, visit states.guttmacher.org/policies.

Cornell Health support services

Cornell Health does not provide abortion services. However, our medical providers can advise you about your options based on the stage of your pregnancy and your personal preferences, and can refer you to local, regional, or online providers whose expertise includes pregnancy termination.

Emotional support may also be helpful to some students, whether provided through Counseling & Psychological Services (CAPS) or at one of the other resources listed on the Mental Health at Cornell website (mentalhealth.cornell.edu).

Appointments at Cornell Health: Medical and mental health appointments can be scheduled by calling 607-255-5155. Medical and first-time CAPS appointments can also be scheduled online through myCornellHealth, accessible from any page of our website. ("Let's Talk" drop-in consultation with CAPS providers are available without an appointment: see the schedule at health.cornell.edu/letstalk.)

Note: If you have had a positive home pregnancy test, you do not need a second pregnancy test at Cornell Health, but you may schedule an appointment to have a confirmatory test if you wish. Positive pregnancy test results of any kind are extremely accurate.



Cornell Health can provide consultation, referrals, and emotional support for students seeking an abortion.

Types of abortion

Options for abortion depend on the stage of the pregnancy, your personal health, and your feelings and preferences. A medical provider can help you determine which option(s) are recommended for you.

Medication abortion: Also called the "abortion pill," a medication abortion involves taking pills to induce termination and make your uterus contract to expel the pregnancy tissue (similar to an early miscarriage). Medication abortion is most effective in the first 8 weeks of pregnancy and is available to individuals who are up to 11 weeks pregnant. Some telehealth providers can prescribe abortion medication without an office visit and can send pills through the mail.

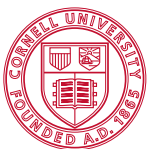
In-clinic abortion: During an in-clinic abortion, a healthcare provider removes the pregnancy from the uterus. There are two types of in-clinic abortion procedures. Suction abortion (also called vacuum aspiration) is used up to approximately 16 weeks into a pregnancy and involves using gentle suction to remove the fetal tissue. Dilation and Evacuation (D&E) abortion is typically used for those who are more than 16 weeks pregnant, using suction and medical tools to empty the uterus.

Important: Options for abortion care may change depending on legal regulations and clinical recommendations. Check with your abortion provider for the most current information.

Safety of abortion

Both in-clinic and medication abortions are very safe. Complications or serious problems after an abortion are extremely rare, especially in the first trimester. Abortion does not cause infertility or

* Note: This statistic does not include trans men and other people capable of becoming pregnant. (Source: Reproductive health research organization Guttmacher Institute)



increase the risk of cancer, nor is it linked to increased mental health problems.

Like any medication or medical procedure, there are some (rare) risks associated with abortion, including the procedure not being effective (not ending the pregnancy), heavy bleeding, and infection. More information about these risks can be found on Planned Parenthood's website: plannedparenthood.org.

Cost of abortion

In New York, abortion costs can range from approximately \$250 to \$1,000+, depending on the type of abortion and how many weeks into the pregnancy you are. Many insurance plans cover some or all abortion services, including Cornell's Student Health Plan (SHP & SHP+). Financial assistance may be available to those who can't afford associated costs. Visit nyc.gov/abortion to learn about options, or ask your abortion provider for information about resources.

Preparing for an abortion

Plan ahead to make sure your experience will be as comfortable as possible. Wear loose, comfortable clothes, and have snacks, a plan for pain management, and thicker pads on hand for bleeding. Identify a support person who can accompany you if you're going into a clinic. Be gentle with yourself, and take time away from obligations and activities as needed.

After an abortion

After an abortion, it is not uncommon to experience bleeding for two to four weeks.

Please also be aware that:

- Abortions do not prevent your ability to conceive, even immediately after your procedure. Contraception is recommended to prevent unintended pregnancy.
- Pregnancy tests can continue to read positive for 3-5 weeks after an abortion.
- Menstrual cycle tracking will not be reliable for several months following an abortion.

Abortion providers

Our medical providers can offer consultation about your options, depending on the stage of the pregnancy, your health, and your preferences (see "Types of abortion," page 1), and can refer you to local, regional, or online providers.

You may also contact abortion providers directly, without a referral.

If you are more than 16 weeks pregnant, we recommend starting with Planned Parenthood to expedite the use of their referral network for later-term abortion providers.

Local abortion providers:

- Planned Parenthood: Ithaca Health Center – plannedparenthood.org; 607-273-1513 (*with additional Planned Parenthood locations in Elmira, Corning, and Syracuse*)
- Southern Tier Women's Health Services in Vestal, NY – southerntierwomenshealth.com; 607-785-4171

Search for other abortion providers:

- abortionfinder.org
- inedana.com
- plancpills.org (medication abortion only)

Additional support

If you need additional support or assistance connecting with campus resources, including academic accommodations, you can talk with a health care provider at Cornell Health or contact Student Support & Advocacy Services: scl.cornell.edu/student-support.

Other campus-wide options for support are listed on the Mental Health at Cornell website: mentalhealth.cornell.edu.