



# Pregnancy Options

*We can provide you with individual support and resources ...*

Discovering you're pregnant may be just the news you've been hoping for. It may also be an unwelcome surprise, or somewhere in the middle. Cornell Health supports your right to choose what happens next. We will do our best to provide you with the resources and support you need to take the next steps.

You can meet with one of our health consultants (individually or with a partner/support person) to talk about what being pregnant means to you and explore whatever issues you need to in order to make a plan — one that is in keeping with your values and beliefs, your health needs, and your life goals. You may want to talk with the consultant about:

- the impact of pregnancy on your relationships, your academics, and other commitments
- how (or if) to talk about the pregnancy with partners, family members, and/or other people in your life
- specific concerns related to securing emotional, financial, or other kinds of support in the present or for the future
- strategies for tending to your physical and mental well-being in the coming days, weeks, months

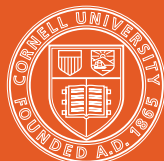
The health consultant can provide you with the resources, referrals, and logistical support you need to:

- continue the pregnancy for parenting
- continue the pregnancy for adoption
- end the pregnancy

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## Continuing the pregnancy

Whether continuing your pregnancy means deciding to become a parent or finding an adoptive family, you may benefit from support, information, and resources. We can provide you with prenatal care information and help you manage the logistics of connecting with OB-GYN practices and midwifery services, either in Ithaca or in the location you desire. We can also help you connect with adoption resources if that is of interest to you.

Throughout your pregnancy, counseling support may be accessed on campus or in the community. Some local agencies provide special groups for pregnancy/adoption.

## Ending the pregnancy

If you want to terminate your pregnancy (or need to for health reasons), your options will depend upon the number of weeks the pregnancy has progressed, as well as your personal feelings and preferences.

Generally, the earlier a pregnancy is terminated, the safer and less complicated it will be. First trimester abortions/terminations are typically without medical complication. Most women return to their usual activities in a relatively short period of time following a procedure.

There are two kinds of abortions:

- in-clinic (“surgical” termination in a clinic)
- the abortion pill (self-administered medication)

Our staff can provide education about your options, based on how far your pregnancy has progressed, and help you manage the logistics of scheduling a procedure in Ithaca or at another location of choice.

If desired (before and/or after termination), we can help you connect with counseling support on campus or in the community.