



Health Service

Human Services Building
600 Lincoln Avenue
Charleston, Illinois 61920-3099

Office: (217) 581-3013

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Positive Pregnancy Test

Information Packet

You were just informed that your pregnancy test result was positive. This news brings about a lot of important considerations regarding your life and may be stressful for you. This packet contains some information to help you with your decisions concerning this pregnancy. Please take time to read through this to learn about services and resources available to you. You do have time to make a well informed decision.

In this packet you will find information on what options you have and where you can go for assistance. If you choose to continue the pregnancy, a list of obstetricians, information about the Women Infant Children (WIC) program and Child Care Resource and Referral Program is included. If you decide to follow through with the pregnancy but do not wish to keep the baby, adoption information is available at EIU Health Service.

Also provided in this packet are the Illinois Clinics and Resources for Women's Health. If you need further assistance, please contact us, Health Service, at (217) 581-3013 or EIU's Counseling Center at (217) 581-3413.

Best Regards,

University Health Service

Unplanned Pregnancy Options

You have the right to choose the option that is best for you

If you think you may be pregnant, there are a lot of things to consider. Thoughts about your future, your health, your family, and your partner are probably taking much of your time and attention. Then you are deciding what to do about an unplanned pregnancy; your own feelings and personal life situation are important to consider.

You always have options and **you have the right to choose the option that is best for you**. There are health care clinics and social service agencies in your community that offer pregnancy testing, counseling, information and referrals to aid you in your decision-making process.

Are you pregnant?

Symptoms of pregnancy include a missed menstrual period, nausea, or breast tenderness. Some or all of these symptoms may exist during pregnancy. If you suspect that you are pregnant, you may first choose to take a home pregnancy test. They are very accurate when performed correctly. Regardless of whether you take a home pregnancy test or not, it is important to make an appointment at a health care clinic to confirm that you are actually pregnant.

Your health care provider will perform a urine pregnancy test that can detect if you are pregnant, within two weeks of conception. They may also do a physical exam or an ultrasound test. It is important to have a health care provider determine how far along in the pregnancy you are as it is easy to miscalculate on your own.

What are your options?

When you know that you are pregnant, you need to consider your options and make a choice. **Parenthood, adoption, or abortion** are all options for an unplanned pregnancy. You may feel that one option is clearly best for you, or you may be confused and find the decision difficult. Whether you choose a health care clinic or social service agency, all three options should be defined for you and you should be given the opportunity to explore your feelings about each one. A staff member should support you in your decision making process and help you carry out your choice by offering referrals for prenatal care, adoption, or abortion. It is important for you to find a person whom you feel is giving you all the information you need and not one who appears to have her/his own views on what you should do.

Parenthood

Once you get over the initial surprise of being pregnant, a child may be a welcome addition to your family. Or you may already have children and had not planned on having another one at this time. Perhaps you have chosen to postpone parenthood until later in your life, or to never become a parent at all. Whether this unplanned pregnancy is the result of a failed birth control method or the result of having unprotected intercourse, you have options to consider.

It is important to discuss with your partner his feelings about the situation. Will he want to get married if you are not already? Will you split up yet raise the child together? If you decide to become a single parent, you may or may not have the support of your family and friends.

However, you are legally entitled to child support from the father of the child even if you are not married. Depending on the state in which you live, if the father of the child relinquishes (gives up) his parental rights, it may be more difficult to get child support. Each state's child support laws vary. Be sure to check with the staff member who is advising you about laws in your state.

If you decide to continue the pregnancy and parent, ask about resources available in your community for prenatal care, financial assistance and parenting classes.

Adoption

If you decide to continue your pregnancy but feel that you cannot raise a child at this time, you may be thinking about placing your baby for adoption. There are two adoption options you can consider: open or closed.

Open adoption allows birth parents and adoptive families to maintain a certain level of contact, which is determined before and/or after the placement of the child. Together, you will decide what that contact will be. It may include phone conversations and/or in-person visits. You may be able to select the adoptive family. Many adoption agencies have books that include profiles of prospective adoptive parents/families. In a closed adoption, you would not have any contact with the child once the child is placed for adoption. The child's birth records are sealed until that child is 18. Whichever option you choose, you can be certain that there are families waiting to adopt.

Sometimes a woman is unable to make the decision about placing her baby for adoption before birth. She may find it difficult to accept the idea of being separated from her child, even though she may feel that another family could offer her child more. This decision does not need to be made until after the baby is born, and you have the option to place the baby in foster care while you decide. However, it is important to keep in mind that placing the baby in foster care can cause strain for both you and the child.

You must also consider that the father of the baby has a legal right to receive notice about the adoption of his child. He is also given an opportunity to contest or refuse the adoption. The father must relinquish his legal rights to the child before the adoption process can

proceed. If you do not know the birth father's identity or his whereabouts, it is possible to place a child for adoption without his consent. Ask the person advising you about your state's laws regarding adoption and the father's legal rights.

Abortion

If you feel that you cannot have a child or experience a pregnancy at this time in your life, abortion may be the option you choose.

Abortion is a safe and legal medical procedure. However, some risks increase as the pregnancy progresses, so it is important for you to make a decision as early as possible in the pregnancy.

Early **surgical abortion** can be performed up to 13 weeks from the first day of your last menstrual period depending on the state in which you live. A surgical abortion is also called "vacuum aspiration procedure," and it is performed in a clinic or hospital. An overnight stay is not necessary. After a numbing medication is injected into the cervix, the contents of the uterus are removed by suction. The abortion procedure itself takes approximately five to ten minutes. Surgical abortion is a very low risk procedure; the earlier it is performed, the lower the risk will be. Later abortions may be more complicated and health risks increase. In some states later abortions are more difficult to obtain. Consult your local health care provider to learn about your state's laws regarding abortions after the first trimester.

Medical abortion is a non-invasive procedure that begins at a clinic or in a physician's office. The abortion process continues over a one to two week time period. On some days it will be necessary for you to remain at home, but on other days you may feel well enough to go about normal activities. Medical abortion is now available with two different medications, methotrexate or mifepristone. Mifepristone is known by the brand name Mifeprex. It is also known as RU486 or the "abortion pill." Both medications can be used to end an early pregnancy up to 49 days from the first day of your last menstrual period.

In a methotrexate abortion, a physician injects a calculated dose of methotrexate. Approximately three to seven days later, you insert four tablets of the hormonal medication, misoprostol, into your vagina. In a mifepristone abortion, the medication is taken orally in the care of a physician. Two days later misoprostol is

taken, either orally or vaginally. In both of these types of medical abortions, the combination of medications causes the contents of the uterus to be expelled. Most medical abortions will complete themselves within four to eight days; however, with both of these procedures you must be prepared to experience heavy bleeding and cramping for possibly two weeks.

Making your decision

Choosing the best option for you may be a difficult personal decision. Or, you may clearly feel you know what is best for you. It is important to remember that no matter what your final decision may be, as soon as you know you are pregnant you must seek proper prenatal medical care. Health care providers, such as Planned Parenthood, can help you receive proper medical care during your decision making process as well as after you have made your decision.

Taken from Planned Parenthood of Minnesota/South Dakota, 2001.

Illinois Clinics and Resources for Women's Health

Health Services of Eastern Illinois University

Contact Maria Barrientos, RN, at (217) 581-3014 to obtain information regarding adoption. Maria has several listings and information regarding families looking to adopt.

The Health Services provide: STI exams, women's health exams, birth control/consultation, and post abortion follow-ups.

Hours: Monday-Friday 8 a.m.-5 p.m.

Health Services location: On campus in the Human Services Building. Phone: (217) 581-3013

Web site: www.eiu.edu/health

The Health Education Resource Center (HERC)

Provides information on pregnancy, STI's and other health topics; free condoms are provided to students who have completed a certified program.

HERC location: The 3rd floor of the Student Services Building. Phone: (217) 581-7786

Web site: www.eiu.edu/herc

Counseling Center of Eastern Illinois University

The counseling center provides personal counseling to undergraduate and graduate students at Eastern Illinois University. The Center is staffed by psychologists, counselors, and graduate students. The services rendered to students are free, voluntary, and confidential. The Center's staff is dedicated to assisting students in their pursuit of personal and academic growth, and to supporting students as they make important decisions about their lives. Hours: Monday-Friday 8a.m.-12noon and 1p.m.-4:30p.m.

Counseling Center location: On campus in the Human Services Building.

Phone: (217) 581-3413

Web site: www.eiu.edu/counscctr

Crisis Pregnancy Center of Eastern Illinois University

The Crisis Pregnancy Center's goal is to provide accurate information, compassionate care, and practical assistance to women facing unplanned pregnancy. Services include: Free pregnancy tests, medical and community referrals, assistance with baby and childbirth classes, information on abortion alternatives and post-abortion support group-counseling.

Locations of Crisis Pregnancy Centers:

Charleston: 260 W. Locust Ave., (217) 345-5000

Mattoon: 105 N. 10th St., Ste 3, (217) 234-3312

Paris: 1001 S. Marshall St. (217) 463-7800

Toll free: 800-395-4357

Coles County Health Department

WIC Case Management Program: Provides nutrition education and free food to help mothers, babies and children get the nutrients they need for proper growth and development. Regular contact with a nurse is also provided to assure families they are receiving appropriate medical and social services.

WIC Office Location: 825 18th St., Charleston, IL

Phone: (217) 348-0526

Family Planning Program: Provides pelvic exams, pap tests, breast exams, birth control supplies, and education.

Family Planning Office Location:

825 18th St., Charleston, IL 61920

Phone: (217) 348-0547

Call the State of Illinois Coles County Family Community Resource Center at (217) 345-2188.

Family Planning Associates Medical Group

Services provided: Abortion up to 23.5 weeks. Abortion fees are \$400 - \$1850 depending on length of pregnancy. Reduced fees are available for women covered by public aid and students. RU486 is \$430 at 9 weeks. In addition, birth control and free pregnancy tests after missed menstrual periods are available.

Locations of Family Planning Associates Medical Group, in Chicago:

5086 N. Elston Ave. Phone: (773) 725-0200

659 W. Washington St. Phone: (312) 707-8988

7845 S. Cottage Grove Ave. Phone (713) 892-0102

Call toll free: 1-800-541-0356

National Health Care Service

Services provided: N.H.C.S. is an outpatient surgical clinic that provides contraception, abortion counseling and abortion upon request.

Fees: pregnancy less than 12 weeks-\$400, rhogam injection \$50 if needed; 12-under 14 weeks- \$550, rhogam injection \$100 if needed; and 14-15 weeks- \$600, rhogam injection \$100 if needed. The abortion pill, RU486, is offered for pregnancies less than 9 weeks for \$450, rhogam injection \$50 if needed.

Location of National Health Care Services Peoria: 7405 N. University Ave., Peoria, IL

Phone: 1-800-322-1622

Planned Parenthood

Services provided: Birth control, pregnancy testing, counseling and referral for all options is offered as well as counseling on choice of birth control, family planning, infertility, human sexuality, and sexual dysfunction. Also available: library, films, birth control information sessions, and prenatal care in conjunction with private physicians for low income women with no insurance. Services are confidential and by appointment.

Fees: Sliding scale- no one is refused for inability to pay. Fees range from \$300-\$950 in first trimester for

procedure and \$300-800 for the abortion pill prior to 9 weeks only.

counseling, male partner evaluation, premenstrual syndrome, diet and nutrition information, and gynecology/urology.

Location of Planned Parenthood Champaign:

302 E. Stoughton St, Phone: (217) 359-8022

Web site: www.plannedparenthood.org

Consultation fee \$300. Abortion fees range from \$425-3300 depending on length of term. RU486 available for \$475.

Frequently Asked Questions regarding pregnancy and birth control can be found at:

www.plannedparenthood.org/health-topics/

Location of Women's Health Practice Champaign: 2125 S. Neil St., Phone: (217) 356-3736

www.womenshealthpractice.com

Women's Health Practice

Services provided: Abortion up to 24 weeks, fertility services, contraceptives, breast disease information,

OBSTETRICS & GYNECOLOGY

SARAH BUSH LINCOLN WOMEN'S HEALTH CARE

500 Health Center Dr., Suite 201, Mattoon, IL 61938

(217) 348-4030 or (217) 258-4030

Michael K. Benson, D.O.

Melvin Fleming, D.O.

Scott Meyer, M.D.

Rick Miller, D.O.

Leslie Taggart, APN

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Eastern Illinois University Health Services

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To Whom It May Concern:

This is to certify that _____ had a positive pregnancy
test result on _____. She is approximately
_____ weeks pregnant as of today. The onset of her last
menstrual period was _____.

Sincerely,

Eastern Illinois University

Health Services

Charleston, IL 61920

