

sex talk.

answers to your questions about sex and relationships

wildfact

More than six million U.S. women become pregnant annually—about half of all pregnancies are unintended. (Guttmacher Institute)

Q If I get pregnant and I'm not ready, what are my options?

A. The first choice you would make is whether to carry or terminate your pregnancy. If you choose to continue, your first call will be to a medical provider to start pre-natal care. You'll have almost 9 months to decide if you want to raise the baby or not.

There are many options if you deliver the baby and aren't ready to be a parent. SafeBaby is a program to help newborns and mothers. Local hospitals and agencies are available to receive, take care of, and find newborn babies a home. Check out www.tucson safebaby.org or call 872-SAFE. Anonymity is guaranteed for the mother.

If you wanted to make an adoption plan, there are many agencies who match children, birthparents and adoptive parents. Contact the Adoption Information Center of Tucson at www.adopt.org or (520) 327-3324. Catholic Community Services at (520) 623-0344 and Christian Family Care Agency at (520) 296-8255 are two longstanding and respected adoption agencies in Tucson. You can choose a "closed adoption" which protects your confidentiality or you can stay involved in your child's life with an "open adoption." An open adoption involves sharing identifying information (and perhaps visits and a lifetime of contact) with your child and the adoptive family.

If you choose to terminate a pregnancy there are two options: Medical abortion may be administered within 7 weeks after the start of the last menstrual period and consists of taking a combination of two drugs: Mifeprex and Misoprostol. The two medications, taken a day apart, are 95% effective in causing the contents of the uterus (embryo, placenta, etc.) to be expelled. The cost for a medication abortion is between \$350-650. Medication abortion requires at least one follow-up medical visit with sonogram (2 weeks after taking the pills) to confirm that the pregnancy has been terminated.

Surgical abortion can be performed on an outpatient basis, within 11 weeks of the last menstrual period. It involves sedation, antibiotics, pain medication and medical instruments for dilation and curettage or extraction. Costs vary from \$450-900. Planned Parenthood (520) 884-5562 and the Tucson Women's Center (520) 323-9682 offer abortion services and many other women's health services such as prenatal care, contraception, STD testing and treatment, and well-woman exams.

If you would like assistance regarding your decisions, contact Counseling and Psychological Services at 621-3334.



Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES and David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.