

## Options

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The decision between parenting, adoption and abortion (info. brochures available) is yours to make.

The following questions will help you think about some of the important issues that might influence your decision. Answer the questions as honestly as you can.

1. What feelings have you had about parenting, adoption and abortion? Have those feelings changed now that you're pregnant?
2. How much information do you have about each option?
3. Do you have any religious or moral beliefs that will affect your decision? How important are these beliefs compared to your other values and goals?
4. What are your educational and career goals? How will they be affected?
5. What is your financial situation? How would it be affected by each option?
6. Do you know what financial, legal and counseling support is available?
7. Have you remained in contact with your partner? Are you hoping that a baby will hold the relationship together? If your relationship doesn't last, how do you feel about being a single parent?

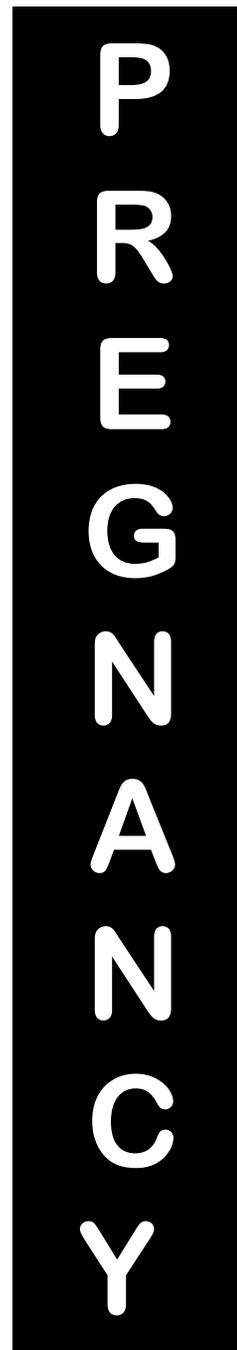
8. Have you discussed your options with your partner? Will he be supportive of your decision regardless of the option you choose? How does he feel about parenting, financial support, adoption and abortion?
9. How important is the support of your family and friends? Should they have a say in your decision?

## Choosing Pregnancy

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If you choose parenting or adoption, caring for yourself and the developing baby needs to start right away. Caring for yourself includes seeing a doctor early in your pregnancy and continuing with regular check-ups, eating healthy foods, exercising regularly (taking a walk day can help), Taking prenatal classes and staying away from smoking, alcohol and drugs (including marijuana), which have harmful effects on the fetus and increase the risk of mental and physical handicaps.

This is an informational handout only, if you have any questions or concerns contact PPR or your family doctor



YOU HAVE CHOICES

A resource for women facing an unplanned pregnancy

Planned Parenthood  
Regina

Tel: 306 522 0902

## Taking a Pregnancy Test

## Signs of Pregnancy

*You may be facing an unplanned pregnancy and be unsure of what to do.*

*Seeking assistance from a healthcare provider who offers objective information can be helpful (not all providers will discuss all the options with you).*

*You deserve emotional support, a chance to reflect, and accurate information so you can make the decision that's best for you.*

You can access a social worker by making an appointment for an abortion at the Women's Health Clinic (306-766-0586), *this does not mean you must have an abortion*, you can cancel your appointment at any time. However, it gives you access to decision making support and will ensure you an appointment which prevents your options from being limited.

### Hours of Operation

Monday, Wednesday & Friday  
9 a.m.- 5 p.m.  
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday  
9:00 a.m.—8 p.m.  
(closed from 12:00-12:45 for lunch)

Saturday  
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:  
Closed

Debit/ Credit /Cash

If you think you might be pregnant, it is a good idea to take a pregnancy test whether or not you wish to continue the pregnancy.

Urine tests usually detect pregnancy from the first day of a missed period. Therefore to receive accurate results from the urine test it is recommended that you take the test after you have either already missed a period or it has been three weeks since the sexual act that you are concerned about. Another way to detect pregnancy in certain circumstances is a blood test, which must be ordered by a doctor.

If the result of your test is negative (meaning you're not pregnant) but you still suspect pregnancy, wait a week and repeat the test. A negative result could mean the test was done too early in the pregnancy, or the urine was not concentrated enough. Urine collected and tested first thing in the morning yields the most accurate results.

Planned Parenthood Regina offers free and confidential pregnancy testing and objective information about your options. Pregnancy tests are also available through walk-in clinics and family doctors.

### Missing a period

A missed period is the most common sign of pregnancy, but some women continue to have light periods even when they are pregnant. A missed period also does not necessarily mean that you are pregnant, because periods can be irregular or absent altogether due to stress, illness or other factors. However, if your period is late or you only have light spotting at the time it is due, continue using birth control and take a test as soon as possible.

### Morning sickness or nausea

Some women feel sick to their stomachs early in their pregnancies.

Breast tenderness, some women experience a tingling sensation or feeling of tightness in the breast, and nipples may become very sensitive. Breasts usually get bigger, and the areola (the dark area around the nipples) usually gets darker and bigger.

Fluid from the nipples. Colostrum, a yellowish, watery fluid made by the breasts may begin to appear as early as the 11th week.

Dizziness, fatigue or sleepiness.

Peeing more often.

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