



# Abortion Planning Guide

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## 1. Call a clinic to schedule an appointment.

If you have any serious health problems, or if you have had pregnancy problems before, please let the clinic know when you call.

Clinic name: \_\_\_\_\_

Clinic phone number: \_\_\_\_\_

Clinic address: \_\_\_\_\_

Date and time of appointment: \_\_\_\_\_

Provider name (if known): \_\_\_\_\_

What will happen at this appointment: \_\_\_\_\_

Next appointments (if needed): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2. Talk with the clinic staff to determine the service that is best for you.

Abortion type: \_\_\_\_\_

How much will this service cost? \_\_\_\_\_

Does my insurance cover this service? \_\_\_\_\_

Does the amount need to be paid on the day of the service? \_\_\_\_\_

What payment options does the clinic accept? (cash, credit, etc.) \_\_\_\_\_

What services are included in the cost of abortion? (ultrasound, medication, anesthesia, follow-up care, etc.): \_\_\_\_\_

\_\_\_\_\_

If I already had an ultrasound or blood work during this pregnancy, should I bring the records with me? \_\_\_\_\_

What are my options for pain control? \_\_\_\_\_

Can I eat and drink before my appointment? \_\_\_\_\_

Do you also offer birth control services at this appointment? \_\_\_\_\_

**3. Make a plan for support after your abortion.**

Who can come with me to my appointment? \_\_\_\_\_

Will I need someone to drive me to and from my appointment? \_\_\_\_\_

Who is my emergency contact? \_\_\_\_\_

Where will I stay as I recover? \_\_\_\_\_

What is my plan for childcare or other responsibilities while I am at my appointment? \_\_\_\_\_

Do I need time off from work or school? \_\_\_\_\_

**4. Bring appropriate items to your appointment.**

Photo ID (if you have one)

Payment

Consent form (printed from [bit.ly/MDHHS-AbortionConsent](http://bit.ly/MDHHS-AbortionConsent))

Judicial bypass or parental consent (if you are under the age of 18)

Ultrasound report, blood work, or other medical records (if needed)

**Other notes:**

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