

Pregnancy Options Guide

If you are pregnant, you have options to consider. These include giving birth and raising a child, placing a child for adoption, or ending the pregnancy by having an abortion. Some information about each option is below. Another helpful resource for your decision-making includes the American College of Obstetrics and Gynecologists' Pregnancy Choices guide online.



Website: www.acog.org/womens-health/faqs/pregnancy-choices-raising-the-baby-adoption-and-abortion

Continuing a pregnancy

If you choose to continue the pregnancy, getting prenatal care is important. **Prenatal care** is health care you get during your pregnancy (doctor or midwife visits, tests, medications) to keep you and your future baby healthy. Michigan Medicine, along with other healthcare systems, offers prenatal care services at many of our clinical sites. For more information, or to schedule an appointment with Michigan Medicine pregnancy and childbirth specialists, call our health patient advisors at (734) 763-6295. Resources for pregnancy support are also available from the state of Michigan, including home visiting programs and services for women, infants, and children (WIC).



Website: www.michigan.gov/mikidsmatter/programs/prenatal-programs

Adoption

If you are considering adoption, many adoption agencies are available to answer your questions. Adoption usually involves signing papers to end your rights as a parent to that child. There are different types of adoption based on how much contact you want to have in the future with the child and the family who adopts the child (including open, semi-open, and closed adoptions). The Michigan Adoption Resource Exchange (MARE) offers a list of Michigan adoption and foster agencies by county.



Website:

www.mare.org/Portals/0/Documents/Map%20of%20Agencies.pdf

Abortion

Abortion is an intervention to end a pregnancy so that it does not result in a live birth. For people who have chosen to have an abortion, there are several ways to end a pregnancy. The type of abortion you have depends on many factors, including your health, how far along you are in your pregnancy, and where you live. This abortion information guide, or your OB/GYN provider or primary care provider (PCP), can help you with more information.



Michigan Medicine Abortion Information Guide:

www.med.umich.edu/1libr/Gyn/InformationAboutAbortion.pdf

More resources for considering your options

For more information and pregnancy options counseling at Michigan Medicine, please contact the areas below:

Location	Population served	Contact information
Michigan Medicine Family Planning Clinic	All patients	(734) 763-6295
Michigan Medicine Family Medicine	Patients with a PCP at a Michigan Medicine Family Medicine Clinic	(734) 539-5000
University Health Services	University of Michigan students, faculty, and staff	(734) 764-8325

To learn more about abortion services outside of Michigan Medicine, contact Planned Parenthood at 1 (800) 230-7526.



Website: www.plannedparenthood.org/planned-parenthood-michigan

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