

Pregnancy Options Guide

We understand that when you have an unintended pregnancy, deciding what to do can be difficult. You can make a virtual or in-person appointment, and our health center staff will provide support and information on your options. There is no right or wrong decision, and University Health Service (UHS) providers can help you work through all options and learn more about sexual and reproductive health. This can help you make a decision that you're comfortable with.

If you are pregnant, you have options to consider that 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. Scan the image below for info:



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 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 University Health Services

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). Scan the image below for info:



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 with the child and the family who adopts the child in the future (including open, semi-open and closed adoptions). The Michigan Adoption Resource Exchange (MARE) offers a list of Michigan adoption and foster agencies by county. Scan the image below for info:



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 choose to have an abortion, there are many ways to end the pregnancy, including medical or surgical abortion. The type of abortion you have is dependent on many factors, including your health, how far along you are in your pregnancy, and where you live. The family planning resources listed below, or your OB/GYN or primary care provider (PCP), can give you more

information. Scan the images below for information about services at UHS and Michigan Medicine:



Website: uhs.umich.edu/reproductive-health



Website: umwomenshealth.org/conditions-treatments/family-planning

Resources for considering your options

If you are looking for compassionate, nonjudgmental, medically accurate information, University Health Service is here for you. We can give you information about prenatal care, adoption, and abortion without shame or pressure. You may not reach a decision by the end of the visit. Help from your partner, family, or friends is encouraged. If you feel you're not ready to decide, we'll help you with how you can continue to consider your options.

For more information and options counseling, 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

Location	Population served	Contact information
University Health Services	University of Michigan students, faculty, and staff	(734) 764-8325

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