

## Unplanned Pregnancy

Unplanned pregnancy is common. About half of all pregnancies in the U.S. are unplanned. Ideally, someone who is surprised by a pregnancy is in good health and is ready and able to care for a baby. But sometimes this isn't the case.

If your pregnancy is unexpected, you may feel unsure of what to do. It is important to first make sure you are pregnant. There are 2 kinds of pregnancy tests:

- 1. Urine test (home pregnancy test):** You can buy this test from grocery stores or pharmacies. Follow the test directions carefully. If a home pregnancy test shows you are pregnant, you should call your doctor right away. Your doctor can use a blood test to tell for sure whether you are pregnant.
- 2. Blood test:** You will need to do this at your doctor's office or a clinic. It is important to confirm your pregnancy at the doctor's office if you took a home pregnancy test first.

### Options for unplanned pregnancy

If you have an unplanned pregnancy, you might worry that the father won't welcome the news. You might not be sure you can afford to care for a baby. You may worry if past choices you have made, such as drinking or drug use, will affect your unborn baby's health.

Deciding how to move forward with an unplanned pregnancy can be difficult. In the end, you must decide what is right for you. Here are some options to think about:

- You may have your baby and raise your child, alone or with a partner/support system. There are resources available to help you.
- You may deliver your baby and choose an adoption plan.
- You may end your pregnancy by having an abortion.

Talk through these options with someone you trust, such as your doctor, partner, a family member, or friend. For your health and your baby's health, it is best to decide as soon as you can.

### Staying healthy

If you find out you are pregnant, start taking care of yourself right away. Here are some tips:

- Take 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) folic acid every day.
- Stop using alcohol, tobacco, and drugs.

- Eat a diet that includes veggies, fruit, whole grains, low-fat dairy, and protein.
- Exercise.
- Try to get enough sleep.
- Discuss with your doctor your health and issues that could affect your pregnancy. Ask for help quitting smoking, if you smoke. Find out what you can do to take care of yourself and your unborn baby.
- Ask your doctor to recommend a counselor you can talk to about your situation.
- Seek support in someone you trust and respect.

## Resources

In addition to your doctor, there are other resources you can use or call for support:

- **California Safe Surrender free hotline:** 1-877-222-9723
- **American Pregnancy Association teen hotline:** 1-800-672-2296
- **Adoption Network Law Center:** 1-866-607-7391
- **Women, Infants, and Children (WIC) nutrition and breastfeeding support:** 1-888-942-9675
- **CalWORKs benefits:** Los Angeles County, 866-613-3777; San Diego County, 866-262-9881
- **Unplanned Parenthood, San Diego:** East County Pregnancy Care Clinic, 619-442-4357; San Diego Pregnancy Care Clinic, 619-326-8595. Or, text 619-442-0389 for help; after hours, call 877-398-7734.

For more health information or resources, call the **Blue Shield Promise Health Education Department** at 1-800-605-2556 (LA County) or 1-855-699-5557 (SD County).