

Navigating Teen Pregnancy

We are here to support you as you navigate the early stages of pregnancy. Below we outline your options now that you are pregnant.

Please note, it is the policy of Salem Pediatric Clinic that patients who decide to continue their pregnancy transfer their pregnant care to an adult provider such as an Obstetrician, Midwife, or Family Practice Physician. We will help you connect with an adult provider in the area and support you in making an appointment. We will continue to see you until you can transfer care. Similarly, we do not provide adoption or abortion services, but we will assist you in finding appropriate care.

YOU'RE NOT ALONE

First, it's important to remember that you're not alone. Becoming pregnant as a teenager can raise many questions and emotions. Being a teenager is already a time of significant change and growth, filled with many challenges. Many people are available to help — including our doctors, nurses, counselors, and support staff. In addition, we can connect you to many resources in our community including clinics specializing in pregnancy and support groups. It's okay to feel overwhelmed, sad, excited, shocked, or whatever else you may be feeling. It's good to seek help.

NEXT STEPS

If you're a teenager and you think you might be pregnant, here are some steps you can take:

1. **Confirm the Pregnancy** — If you haven't already, take a pregnancy test to confirm. If it is within 5 days of having sex, emergency contraception (see below) may be an option. Our clinic and those listed below offer confidential pregnancy tests. It is important to know that **sometimes pregnancy can happen without the embryo ending up in the uterus**. This can cause significant pain and is a **medical emergency**, so it's critical to see a doctor if you suspect you are pregnant and are having any pain.
2. **Schedule an Appointment** — Schedule an appointment with one of our doctors or one of the clinics below to discuss your options and get prenatal care to ensure the health of you and your baby. If you are 14 or younger, Oregon law requires you to get consent from a parent or guardian for medical care. If you can't tell your parents, the Repro Legal Helpline (844-868-2812) provides free, confidential legal advice for abortion, pregnancy, birth, and related topics. The Oregon Reproductive Rights Hotline (503-431-6460) also offers free legal guidance for people who need medical treatment and may not be familiar with Oregon's laws.
3. **Find a Support System** — Talk to someone you trust about the situation - a parent, teacher, spiritual mentor, counselor, or friend. They can provide emotional support and help you navigate your next steps. Most young women will benefit from seeing a counselor or therapist after becoming pregnant, regardless of their choice to continue the pregnancy or not.
4. **Educate Yourself** — Learn about all the options available to you. This includes keeping the baby, adoption, and abortion. It's important to make an informed decision that is best for you. Keep reading for more information.
5. **Stay Healthy** — Talk to a doctor before taking any medications. To protect the developing baby from birth defects, do not drink alcohol, smoke cigarettes, or other drugs. Do not take ibuprofen while pregnant. It is also important to take a prenatal vitamin with 600 micrograms of Folic Acid.

Remember, pregnancy is a big life event, and it is normal to have strong feelings about it.

EMERGENCY CONTRACEPTION

Emergency contraception can prevent pregnancy after unprotected sex. There are a few types of emergency contraception, and some work better than others. No matter what kind of emergency contraception you use, take it as soon as possible after unprotected sex. Here are some options:

1. **Intrauterine Device Implantation** — This works as well on day 1 after unprotected sex as it does on day 5.



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2. **Medications** — These work best as soon as possible after unprotected sex. Most effective within 72 hours, but can be effective up to 5 days after unprotected sex.
 - a. **Levonorgestrel** (many brand names) — This is available to purchase without a prescription. If you weigh more than 165 pounds, levonorgestrel pills might not work as well.
 - b. **Ulipristal Acetate** (Ella) — This is generally more effective than levonorgestrel. Requires a prescription, but this can be obtained online (Nurx, PRJKT RUBY, or the Planned Parenthood Direct app) or in person. If you weigh more than 195 pounds this medication may not be as effective.

Please note, our providers do not provide IUD implantation services.

UNPLANNED PREGNANCY

If your pregnancy was unplanned, you have 3 options:

1. Continue with the pregnancy and become a parent.
2. Continue with the pregnancy and plan for adoption.
3. Terminate (end) the pregnancy.

To determine which option is best for you, it may be useful to ask yourself the following questions:

- Are you ready to become a parent? Are you emotionally ready? Are you in good health? Are you addicted to any substances?
- What are your beliefs about having a child? What about your family's beliefs?
- What are your beliefs about giving a child up for adoption? What about your family's beliefs?
- What are your beliefs about having an abortion? What about your family's beliefs?
- Will you have the help and support of your parents, siblings, and friends during pregnancy and as a mother?
- Do you have stable housing?
- How will you pay for all the things needed to raise a child (baby clothes, diapers, food, etc.)?
- Can you reach your school and career goals while raising a child? Does your school have a program for teen parents?
- Will your partner be involved? How much? Will he be able to help support you and your baby?

CONTINUING WITH PREGNANCY

If you have decided to continue the pregnancy to raise the baby or for adoption, it is essential to stay healthy to support your baby's development:

- Don't drink alcohol or take drugs. If you smoke, stop smoking.
- Eat nutritious food. Nausea is common with the first stages of pregnancy. Talk to one of our doctors about treatment options.
- Take a prenatal vitamin with 600 mcg of Folic Acid. This will help to prevent birth defects such as spina bifida.
- Talk to your doctor about which medicines are safe while pregnant. Many medications are not safe for pregnant women. Tylenol is generally safe to use as needed for pain. Avoid Ibuprofen.
- Stay away from harmful chemicals, such as cleaning solutions, bleach, hair straightening/curling/dyeing chemicals.
- Brush and floss. Good oral health decreases the chance of the baby getting sick.
- Stay active. Low risk exercises like walking, running, swimming, Pilates, spin classes, and dancing are ideal. Avoid intense exercise such as lifting heavy weights, downhill skiing, or amusement park rides.
- Talk to someone who has been pregnant and raised children. Parenting classes are available for families in Marion County.
 - <https://parentinghub.org/for-providers/parenting-education-for-parents/>
- Stay positive. Surround yourself with people who love and care for you during pregnancy and after birth. Limit your stress.



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SOME COMMON ISSUES THAT CAN ARISE WHILE PREGNANT

1. Morning Sickness:
 - Eat small, frequent meals.
 - Ginger or peppermint may help alleviate nausea.
2. Fatigue:
 - Listen to your body and rest when needed. Growing a baby requires a lot of energy.
 - Take short naps if possible.
3. Back Pain:
 - Practice good posture.
 - Use proper body mechanics when lifting (use your legs, not your back).
 - Avoid lifting very heavy items.
4. Swelling:
 - Elevate your legs when possible.
 - Stay hydrated and limit salt intake.

OTHER IMPORTANT REMINDERS

- Attend all prenatal appointments.
- Report any unusual symptoms to your healthcare provider.
- Educate yourself on labor and delivery.

ADOPTION

Adoption is an option for young women who are not ready or unable to raise a child for emotional, financial, or educational/career reasons. In adoption, custody of the child is given to someone else, such as another loving family or a relative of the mother. Every year, hundreds of families apply to adopt in Oregon. Before adopting the baby, the adoptive parent(s) will have to complete a process with the state of Oregon which generally includes legal clearance, home study, and background checks. After the baby is placed with the family, there will be a report conducted to verify that the family and baby are adjusting well. The adoptive parents will then have permanent parental rights and responsibilities.

There are two types of adoption available to pregnant mothers:

1. Private infant adoptions through private adoption agencies licensed in Oregon.
2. Independent adoptions are used by families wanting to adopt the baby of a relative or friend.

The Oregon Department of Human Services offers a list of licensed organizations in Oregon that facilitate adoptions. Find the list on their website:

- <https://www.oregon.gov/odhs/adoption/Pages/agencies.aspx>

ABORTION

In Oregon, abortion is legal at all stages of pregnancy. If you are 14 or younger, Oregon law requires you to get consent from a parent or guardian. Again, talking to a trusted adult (doctor, parent, guardian, guidance counselor, etc.) can be very helpful in making your decision.



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Abortion can be done with medications or through a procedure in a hospital or clinic. The type of pill or procedure depends on how far along the pregnancy is.

MEDICAL ABORTION

- In a medical abortion, the pregnant woman takes pills to terminate the pregnancy. This is an option if you are more than 5 days but less than 77 days (11 weeks) or less into pregnancy.
- Mifepristone is the first medication you will take either in a clinic or at home.
- Misoprostol is the second medication you will take, either in a clinic or at home.
- You will need a follow up visit to ensure the abortion is complete.
- Cramping and bleeding similar to a heavy period will typically occur. Spotting or bleeding for two to four weeks are common. Side effects of the medicines can include nausea, fever, chills, dizziness, and diarrhea.
- Medication abortions can be done later in pregnancy, however this would have to be done under supervision of a specialist in a hospital or clinic.
- Medication abortions are not recommended if you have bleeding disorders, certain heart diseases, adrenal disease, severe kidney, liver, or lung disease. If you have an IUD (intrauterine device) it will have to be removed before a medical abortion.
- Many health insurers cover abortion costs. You can check when you book your appointment or contact your insurance company.

PROCEDURAL ABORTION

- Procedural abortions are considered safe and are 99% effective. A medical provider performs the procedure in a clinic or hospital. The steps are as follows:
 1. Relaxation medication and/or pain medications are given.
 2. The cervix is made numb. Then, a thin tube is inserted into the vagina, through the cervix, and into the uterus.
 3. The tube is connected to a special vacuum. When the suction is turned on, the pregnancy tissue is removed.
- Risks of procedural abortions are relatively rare, but include scarring of the uterus or cervix, bleeding, infection, or incomplete abortion.
- For more advanced pregnancies, such as second or third trimester (after 11 weeks), a more invasive procedure may be required with general anesthesia.
- Many health insurers cover abortion costs. You can check when you book your appointment or contact your insurance company.

Our clinic does not offer abortion services. In Salem, Planned Parenthood offers reproductive health care (STD testing and treatment, birth control, pregnancy tests, prenatal ultrasounds, etc.) as well as abortion services. The cost for an abortion will vary depending on your insurance type and the type of abortion. For example, at OHSU in Portland, Medication abortions cost \$400-\$525 for people without insurance, but that cost is \$0 for people with Oregon Health Plan insurance (Medicaid). People without insurance due to immigration can still qualify for coverage.

For a list of clinics providing abortion services throughout Oregon, see this website:

- https://www.oregon.gov/OHA/PH/HealthyPeopleFamilies/ReproductiveSexualHealth/OregonContraceptiveCare/Pages/wheredoigo_t3.aspx

For free information about financial, travel, and lodging services for abortions, contact the National Abortion Hotline:

- <https://prochoice.org/patients/naf-hotline/>
- 1-800-772-9100



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LOCAL ORGANIZATIONS

- **Salem Clinic OB/GYN**
 - 2020 Capitol St NE, Salem, OR 97301
 - 503-399-2424
 - <https://salemclinic.org/hours/salem-clinic-main>
- **Willamette Family Medical Center**
 - 435 Lancaster Dr NE, Salem, OR 97301
 - 503-585-6388
 - <https://wfmchealth.org/>
- **Salem Women's Clinic**
 - 1395 Liberty St SE, Salem, OR 97302
 - 503-399-2444
 - <https://www.salemwomensclinic.com/>
- **Planned Parenthood**
 - 3825 Wolverine St NE, Salem, OR 97305
 - 888-875-7820
 - <https://www.plannedparenthood.org/health-center/oregon/salem/97305/salem-health-center-2412-91400>
- **Hope Pregnancy Clinic**
 - 2630 Market St NE, Salem, OR 97301
 - 503-364-2464
 - <https://hopepregnancyclinic.org/resources/display/services#options>
- **Roberts High School at Chemeketa for Teen Parents**
 - 4071 Winema Pl NE Bldg #50, Salem, OR 97305
 - 503-399-3247
 - <https://roberts.salkeiz.k12.or.us/roberts-hs-ccc/contact-hs-ccc>
- **State of Oregon Teen Parent Resources**
 - 255 Capitol St NE, Salem, OR 97301
 - 503-947-5600
 - <https://www.oregon.gov/ode/students-and-family/Pages/tppresources.aspx>

SOURCES REFERENCED

- <https://youngwomenshealth.org/guides/unplanned-pregnancy/>
- <https://youngwomenshealth.org/guides/pregnancy-abortion/>
- <https://www.ohsu.edu/womens-health/abortion-frequently-asked-questions>
- <https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception/which-kind-emergency-contraception-should-i-use>
- https://www.oregon.gov/OHA/PH/HealthyPeopleFamilies/ReproductiveSexualHealth/OregonContraceptiveCare/Pages/wheredoigo_t3.aspx
- <https://www.oregon.gov/odhs/adoption/Pages/non-departmental.aspx>



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