



# Pregnancy Support Guide

A Teen's Guide to a Positive Pregnancy



NATIONWIDE  
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*When your child needs a hospital, everything matters.™*



Dear Patient,

You may have just received news that you are pregnant. Many thoughts, emotions and questions are probably going through your head — all of which can be overwhelming. After you speak with the medical provider and social worker, you may still have questions and concerns. This guide provides you and your family with information about pregnancy, tips for talking with your parents and local resources where you can get help.

Here are a few things to think about:

1. You have options. Know all your options, the laws and your rights.
2. Whichever option you choose, you must act fast. This guide explains why early action is important when you are pregnant.
3. If you need help or support, get it now. Help is available.
4. If you are currently using alcohol, drugs or smoking, please stop right away. These are very harmful for the baby.
5. If you have any of the following symptoms, please go to an Emergency Department as soon as possible: bleeding, painful cramping, sharp abdominal (belly) pains or high fever.

Thank you for making sure you and your pregnancy are healthy. If you have any questions, please call the Teen and Pregnant Clinic at (614) 355-6350.

# Contents

Know Your Options! A Decision Help Guide .....	1
Now What? Answers to Frequently Asked Questions about Pregnancy .....	3
Prenatal Clinics .....	5
Other Supportive Services .....	6

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## Know Your Options: A Decision Support Guide

This time can be difficult. There are hard choices to make. Feeling unsure of what to do is both common and normal. It is normal to have many emotions when you find out you are pregnant. Talk about your thoughts and feelings with a trusted adult or your health care provider.

Every woman should learn her legal and medical options for dealing with the pregnancy. Currently, there are three options:

1. Prenatal care and parenting
2. Prenatal care and adoption
3. Abortion or ending a pregnancy

A good first step is options counseling. Options counseling is a one-on-one session with a trained counselor to help you decide what is right for you.

Options Counseling Resources:

- Planned Parenthood of Greater Ohio: (614) 224-2235 or [www.ppgoh.org](http://www.ppgoh.org)
- The Choice Network:  
(866) 989-1466 or <https://choicenetworkadoptions.com/your-choices>

## **Prenatal Care and Parenting:**

Your health care before the baby is born is called prenatal care. There are many things to do while you are pregnant to make sure you and the baby are healthy.

1. Make an appointment with a prenatal health care provider. You should start your prenatal care during the first 12 weeks (3 months) of your pregnancy. If you are past 12 weeks, please start your prenatal care as soon as you can.
2. If you do not already have a prenatal health care provider, Nationwide Children's Hospital offers the Teen and Pregnant (TaP) Program for prenatal care. Call (614) 722-6200 or (614) 355-6350 to make an appointment.
3. Good prenatal care is important to ensure a healthy pregnancy. You should make an appointment with a prenatal clinic as soon as possible.

## **Prenatal Care and Adoption:**

If you decide to have the baby but do not feel ready to care for the infant, you may choose to give up the baby for adoption. Adoption is a legal process that can be done either through an attorney or through a public or community agency. Please note that if you choose adoption you must receive prenatal care during the pregnancy and must still schedule an appointment as soon as possible.

## **Adoption Resources:**

**Franklin County Children Services**  
(614) 421-5500

**Choice Network**  
(886) 989-1466 phone;  
(216) 255-4161 text

**Catholic Social Services**  
(614) 221-5891

**Lutheran Social Services**  
(614) 238-6710

**Bair Foundation** (614) 846-6265

**Adoption Circle** (800) 927-7222

**Adoption by Gentle Care**  
(800) 824-9633

**Building Blocks Adoption**  
(866) 321-2367

**Adoption STAR** (866) 691-3300

**Adoption Link** (800) 643-3356

**Bellfaire JCB** (800) 205-8534

For a private adoption attorney, contact the Columbus Bar Association for names at (614) 221-0754.

## **Abortion:**

Abortion ends a pregnancy. You have the right to decide if you want an abortion. Women under the age of 18 must get a parent's consent or get a judicial bypass (permission from the court to get an abortion without your parent being involved) in the county where they live, or in a bordering county.

There are two types of abortion. Both types have a cost but you can get financial aid (see below). If you decide to have an abortion, call Planned Parenthood or Founders' Women's Health (info below) immediately because of the time it takes to get an appointment and because of the mandatory waiting period of 24 hours.

1. A medical abortion (also called "the abortion pill") is done by taking a strong dose of medicine to end the pregnancy. You must be less than 7 weeks pregnant to receive a medical abortion.
2. A surgical abortion (also called an "in-clinic abortion") must occur before 17 weeks of pregnancy. It involves a surgical procedure performed in a clinic setting by medical professionals.

Abortion resources:

- Planned Parenthood East Columbus Health Center:  
3255 E. Main St., Columbus, (614) 222-3531
- Founders' Women's Health Center:  
1243 E. Broad St., Columbus, (614) 251-1800

Abortion support resources:

- Backline (Free counseling and referrals):  
[www.yourbackline.org](http://www.yourbackline.org) or (888) 493-0092
- National Abortion Federation Hotline (Referrals and information):  
(877) 257-0012
- National Network of Abortion Funds (Financial aid): (800) 772-9100

# **Now What? Answers to Commonly Asked Questions about Pregnancy**

## **How do I know that I am pregnant?**

- If you are sexually active and do not use birth control, then you may get pregnant at any time.
- If you are late with your period or have missed a period, then you may be pregnant.
- If you have an upset stomach or feel more tired and do not know why, then you may be pregnant.
- If you have breast tenderness or need to urinate (pee) a lot, you may be pregnant.

## **Who do I see if I am pregnant?**

You might see one or more of the following:

- Obstetricians (also called OBs or OB-GYNs): Doctors who specialize in pregnancy and childbirth
- Midwives and nurse practitioners: Highly trained nurses who specialize in pregnancy and childbirth
- Family practitioners: Doctors who see a wide range of services for patients. Sometimes they are able to care for pregnant women

## **What if I don't want anybody to know that I am pregnant or am scared to tell my parent(s)?**

It may be scary to think that you are pregnant. However, it is VERY important to get an appointment as soon as possible if you are. Remember, you cannot hide a pregnancy forever. The baby will start to show in your belly and will be born. It is MUCH better to get help for you and your baby right away.

## **Why do I need to get an appointment to see a medical provider within three months – also called the first trimester of pregnancy?**

If you do not get help early on, you are more likely to have babies with health problems or who are born too early. The baby is three times more likely to be born really small, which means the baby will be in the hospital for a long time and likely have lots of medical problems.

The baby is five times more likely to die.

**DO NOT DELAY THIS IMPORTANT VISIT.**

## **What will happen at my first visit if I am pregnant?**

During your first visit, you'll be asked lots of questions about your health and habits that may affect your pregnancy. It's important to remember the date of your last menstrual period, so your doctor or nurse can determine how far along you are in your pregnancy and predict your delivery date.

You can expect to have a full physical, including a pelvic examination. A blood sample will be needed to be sure you and the baby are healthy.

## **What else should I think about if I am pregnant?**

- **Safety:** Many pregnant women are at a greater risk of being abused. If you are being abused, please tell a trusted adult, your doctor, counselor or a friend. You can also call 9-1-1 or call the national domestic violence hotline at (800) 799-SAFE.
- **Nutrition:** Healthy eating is important for you and your baby during pregnancy. At your appointment, you may be asked questions about your eating habits and given information about how you can improve your diet.
- **Vitamins:** Start taking a prenatal vitamin right away! You can get these from the pharmacy or grocery store, or your doctor can write you a prescription for them.
- **Drugs, alcohol and smoking:** These are very harmful to a developing fetus. It is important to stop using while you are pregnant. Even a little bit of these substances can hurt your baby. If you need help, tell your health care provider.

## **When should I call my health care provider?**

Call your health care provider if you have:

- A burning feeling when you urinate (pee)
- Fever over 100.4 degrees Fahrenheit (taken under the tongue)
- Bad headaches
- Blurry vision
- Bleeding from the vagina



- Leakage of fluid (liquid) from your vagina
- Abdominal (belly) pain or cramping
- Decrease in the baby's movements during the last 3 months of pregnancy.
- Any other questions or concerns you have about your pregnancy
- Persistent pain on the upper right side
- Regular contractions (every 5 minutes for at least 1 hour)
- Vaginal bleeding

### **What should I do now if I don't want to get pregnant again?**

It is still very important that you see your health care provider for a complete checkup at least one time each year. Routine testing can make sure you're in good health and that you don't have any illnesses. If you are sexually active, it's important that you discuss birth control options with your provider. A LARC (long-acting reversible contraception) is a low-maintenance device that can prevent pregnancy for 3, 5 or 10 years. You can get it for free or at a low cost from many medical providers. Don't forget that a LARC does not prevent the spread of sexually transmitted diseases. To prevent sexually transmitted diseases, you must always use a condom along with another form of birth control. To learn more about birth control options, contact BC4Teens at (614) 722-6200 or visit [NationwideChildrens.org/BC4Teens](http://NationwideChildrens.org/BC4Teens).

## **Prenatal Care Resources for Teens in Franklin County**

### **Nationwide Children's Hospital Teen and Pregnant Program:**

Teen and Pregnant (TaP) provides prenatal and postpartum (after your baby is born) care for pregnant women up to age 21 ½. Patients will meet with a provider, social worker, dietitian and others to learn how to have a healthy pregnancy, how to care for their baby, and how to balance parenthood with school, relationships and other needs.

If you are under 18, you must have a parent/guardian come to your appointment with you to provide consent.

Call (614) 722-6200 or visit [NationwideChildrens.org/Teen-and-Pregnant](http://NationwideChildrens.org/Teen-and-Pregnant) to schedule an appointment or (614) 355-6350 for clinic information.

## **StepONE For A Healthy Pregnancy:**

StepONE is a hotline for pregnant women who need a prenatal appointment or other resources in the community. This number will connect you with prenatal care clinics at Ohio State, Riverside, Grant, Mount Carmel and Primary One Health, as well as some other obstetricians (OBs) in Franklin County. If you do not have insurance, StepONE can help you get insurance coverage right away.

(614) 721-0009 or [www.celebrateone.info/stepone](http://www.celebrateone.info/stepone)

## **Health Insurance:**

Contact your insurance or health plan to find a list of prenatal clinics that accept your health plan. You may also receive money or other incentives for attending your prenatal visits through your health plan.

For information about health care incentive programs, contact your health plan:

- Caresource: [www.caresource.com](http://www.caresource.com)
- Molina Healthcare: [www.molinahealthcare.com](http://www.molinahealthcare.com)
- Paramount Healthcare: [www.paramounthealthcare.com](http://www.paramounthealthcare.com)
- United Healthcare: [www.uhc.com](http://www.uhc.com)
- Buckeye Community Plan: [www.bchpohio.com](http://www.bchpohio.com)

If you have private health insurance, call the member number on the back of your card.

## **Additional support services for pregnant teens:**

**Nurse Family Partnership:** (614) 722-8222

Nurse Family Partnership (NFP) is a home-visiting program for pregnant and parenting first-time parents with a child up to age 2. A registered nurse will visit you in your home. NFP is free to all women who qualify for the program.

**Center For Healthy Families:**

(614) 884-4200 or [www.centerforhealthyfamilies.org](http://www.centerforhealthyfamilies.org)

The Center provides case management, mentoring, and support to pregnant and parenting teens to help them stay in school, become better parents and reach their goals.

**Safe Havens Program:** (614) 886-3537

This program has a no-questions-asked policy. It allows birth parents to leave a newborn infant up to 30 days old with a medical worker in a hospital, a medical worker at a fire station or other emergency service organization, or a police officer. The baby will be given a check-up and placed in an adoptive home. When a parent cannot care for an infant, Safe Havens may be the best choice for the child.

**Ohio Tobacco Quit Line Pregnancy Program:**

(800) QUIT NOW or <http://ohio.quitlogix.org>

A free program to help pregnant women quit smoking by offering incentives and rewards to pregnant callers. Also offers other benefits and counseling.

**Huckleberry House:** (614) 294-5553 and **Star House:** (614) 299-2101

These programs provide a safe place for teens. Huckleberry House provides short term lodging, support and counseling for teens in crisis. Star House provides a safe place to go during the day for teens without a safe home or who are looking for help.

**Substance Abuse and Prevention Clinic:** (614) 293-2222

Expectant mothers with addictions to drugs or alcohol can come to the Substance Abuse, Treatment, Education and Prevention Program (STEPP) for treatment. Part of The Ohio State University Wexner Medical Center's Maternal Fetal Medicine practice, this weekly clinic is held every Wednesday morning and provides personalized, high-risk obstetric care, treatment and counseling.

**Out-of-county resources:**

If you do not live in Franklin County and need a doctor or another resource to help you and your pregnancy, contact your county's local health department for a list of services or call your insurance company.

**For more information or to schedule an appointment:**

Teen and Pregnant Program (TaP)

(614) 355-6350

[NationwideChildrens.org/Teen-and-Pregnant](http://NationwideChildrens.org/Teen-and-Pregnant)



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