**Informed Decision Checklist**

Be prepared with everything you need to know in order to make

an informed decision about abortion.

**AM I PREGNANT?**

Pregnancy tests are not always accurate. Get your pregnancy confirmed by a medical professional. An ultrasound can tell if the baby has a heartbeat and how far along you are in the pregnancy.

**DO I UNDERSTAND THE POTENTIAL RISKS?**

Every medical procedure, including abortion, carries the risk of complications. You have the legal right to give fully informed consent. You also have the right to:

1. Get an explanation of the abortion procedures available.

2. Assess their risks and side effects.

3. Learn about other options for your pregnancy.

**HAVE I CONSIDERED ALTERNATIVES TO ABORTION?**

Abortion may seem like the best fit for your current circumstances, but learning about other options you have is a good idea. Some women who initially consider abortion are ultimately delighted to be parenting a child. Others who are not comfortable choosing abortion but are not ready to raise a child, make an adoption plan. Learn more about [alternatives](https://www.hopeagainbx.org/) to abortion.

**DO I KNOW WHAT TO DO IF I CHANGE MY MIND?**

Abortion is your choice -- you can change your mind at any time before the procedure starts. Women have gotten off the exam table and left. Some have changed their minds after taking the first set of pills for a medical abortion. This is a decision that you will live with the rest of your life. Don't allow anyone to pressure you.

**DO I KNOW HOW THE CLINIC HANDLES COMPLICATIONS DURING THE**

**PROCEDURE?**

Ask if the abortion doctor has admitting privileges to a hospital nearby should you have an emergency. Make sure the clinic has a plan to provide any follow-up or emergency care, should complications arise during or after the procedure.

**HAVE I GOTTEN INFORMATION ABOUT THE ABORTION PROVIDER?**

When you call to schedule your abortion, ask for the name of the doctor in charge. Find out if the doctor is licensed and board-certified. Also, find out if there are malpractice cases or disciplinary actions against the doctor. For doctors in NY State, you can check online [here (NY Dept. of Health)](https://apps.health.ny.gov/pubdoh/professionals/doctors/conduct/factions/HomeAction.action;jsessionid=X-9e0erw9BfpawWtScYLt70Ggs9DeGratIQMKdNR0uMkaSni_1No!-1525059859)

**ASK: WILL I FEEL PAIN?**

People have different levels of tolerance for physical pain. One survey\*\*\* of women who had local anesthesia revealed that about half experienced "moderate to severe pain" and the other half, "none to mild pain." Pain relief options available during the abortion usually include local anesthesia, sedation, and sometimes, general anesthesia.

**ASK: WHAT FEELINGS CAN I EXPECT AFTER THE ABORTION?**

Many women experience initial relief, but months and even years later, some struggle with their decision. If you are located in The Bronx and this is you, learn more about our post-abortion bible study. Contact Sarah Henry 917-391-8944 or contact@hopeagainbx.org.

**DO I KNOW MY RIGHTS AS A MINOR?**

No one can legally force you to have an abortion, including your parents. The decision you make must be free, voluntary, independent, and non-coerced. If you are being pressured to get an abortion you don't want, contact the police and your local pregnancy center for help, or call toll free: (210) 614-7157

**HAVE I BEEN TESTED?**

Have I been tested for sexually transmitted infections (STIs)? Any surgical procedure can be complicated by infection. You may be carrying an STI and not know it because they often do not have symptoms. These infections can cause damage to your pelvic organs and lead to problems such as infertility and ectopic pregnancy.

**Crisis Pregnancy Resources in the Bronx:**

**Free Pregnancy Test & Ultrasound**

1-800-712-4357 or Text “HELPLINE” to 313132

[www.abortionpillreversal.com](http://www.abortionpillreversal.com)// or call: 877-558-0333

<https://www.expecthope.org>/ or call: 347-577-6331

A Christ-centered supportive residence for expectant mothers, provides a safe residence for mothers who desire to prepare a life for their new families.

<https://www.mychoicenyc.org>/ or call/text: 718-808-9735

New Beginnings Center of Hope. Free Pregnancy Test, Onsite Ultrasound, Abortion Information Consultation and Support.

<https://americanpregnancy.org>/ or call: Live Help 1800-672-2296

From pregnancy options to conception through birth planning, our nurses and pregnancy educators are here to provide the resources and information you need for the healthiest possible pregnancy.

**Center Against Forced Abortion**

<https://thejusticefoundation.org/cafa>/ or call: 210-614-7157

Provides legal resources to empower women who are being forced, unduly pressured, or coerced into an unwanted abortion.

<https://www.safehorizon.org>/ 24 hour hotline 1800–621-4673

Victim assistance organization. They provide support, prevent violence, and promote justice for victims of crime and abuse, their families and communities.

<https://www.goodcounselhomes.org>/ 24 / 7 helpline: (800-723-8331)

A shelter for pregnant women in crisis. Also provides post abortive healing.

<https://sistersoflife.org>// Text: 212-203-8716 or call: 877-777-1277

Provides crisis pregnancy help and post abortion healing

Post Abortive Healing:

<https://www.hopeagainbx.org>/ or call: 917-391-8944

<https://sistersoflife.org>// Text: 212-203-8716 or call: 877-777-1277