

Do you think you could be pregnant? What now?

If you think you may be pregnant, you may feel happy, sad, worried or just confused. You are not alone. Every year many women in BC experience unplanned pregnancies. If you are pregnant, you will have some important decisions to make.

The first step is to have a pregnancy test done as soon as possible.



Pregnancy Testing and Counselling

Take a urine (pee) pregnancy test if your period is a few days late. Early morning is the best time for this.

Free confidential testing, counselling, and information are available at many health units, from your family doctor, or nurse practitioner.

Some communities have a Youth Clinic or Options for Sexual Health clinic that can also provide this service.

What if your Test is Negative?	What if your Test is Positive?
<p>If you still have not had your period after two more weeks, you should take another pregnancy test.</p> <p>If you want to avoid pregnancy, ask about birth control options that are right for you.</p>	<p>Deciding what to do about an unplanned pregnancy is not easy. You may want to take some time to think about your options or talk about them with someone you trust.</p> <p>Consider the pros and cons of each option:</p> <ul style="list-style-type: none"> • becoming a parent • placing the baby for adoption • having an abortion <p>Information and counselling about all these pregnancy options is available toll-free from the Pregnancy Options Service Line at BC Women's Hospital. Office hours are: Monday to Friday from 8am to 4 pm PST 1-888-875-3163</p>

Pregnancy Options

If you have just learned that you are pregnant, you have some decisions to make about what to do next.

Here is some information to help you decide if continuing the pregnancy, or choosing to adopt, or have an abortion is the best decision for you.

Pregnancy Care

See a doctor, nurse practitioner, or registered midwife as soon as you know you are pregnant.

- Call Healthy From the Start at 1-855-868-7710. This is a free program that connects pregnant women with services in their community.
- See Having a Baby, interiorhealth.ca/YourHealth/HavingABaby, for more information.
- Download your copy of Baby's Best Chance book from HealthyFamiliesBC.

Adoption

- All adoptions in BC are government regulated
- Birth mothers must go through a licensed adoption agency
- Adoption agencies have support services available and will give you information about adoption

In the Interior contact:

- Ministry of Children & Family Development, Adopt BC Kids, gov.bc.ca/gov/content/lifeevents/birth-adoption/adoptions/placing-your-child-for-adoption
- The Adoption Centre of BC 1-800-935-4237
- Sunrise Family Service Society services all of BC, toll-free number is 1-888-984-2488, a confidential birth-parent text line is 604-813341 <https://www.adoptionbc.com/>

Abortion

- Abortion ends a pregnancy
- Abortions are free with current Medical Service Plan coverage
- [Aspiration \(surgical\) abortion](#) is typically performed up to 12 weeks and available at some locations up to 20 weeks
- [Medication \(medical\) abortion](#) is available up to 9 weeks and can be arranged through a Skype or FaceTime appointment from the Willow Women's Clinic. For more information go to willowclinic.ca or call 1-604-709-5611

- Abortion Services are available in several communities in Interior Health. Search abortion in the Interior Health [public website](#)
- For more information, including where to access services in your area, please visit Options for Sexual Health, optionsforsexualhealth.org/facts/abortion/abortion-resources/ or phone the Sex Sense Line: 1-800-739-7367

Information, resources and referrals, including counselling can be found:

- Kelowna General Hospital Women’s Services Clinic 250-980-1399, Monday-Thursday
- BC Women’s Hospital and Health Centre, bcwomens.ca/our-services/gynecology/abortioncontraception
- Everywoman’s Health Centre, everywomanshealthcentre.ca
- HealthLinkBC, healthlinkbc.ca/health-feature/abortion
- Pregnancy Options Service Line 1-888-875-3163

Emergency Contraceptive Pills (ECP)

- These pills are used as emergency birth control to help prevent pregnancy after unprotected sex
- ECP should be taken as soon as possible (within 5 days) after unprotected sex
- ECP are not a substitute for using a regular birth control method

Emergency contraceptive pills are available from:

- Some doctors, walk in clinics, Youth Clinics, Options for Sexual Health clinics, emergency departments and some public health units
- Drug stores (no prescription needed), ask for them at the counter, cost varies

Birth Control Options

- Prescription birth control is available from doctors and nurse practitioners
- Youth Clinics and [Options for Sexual Health Clinics](#) also offer birth control at low cost
- Non-prescription birth control options (like condoms) are available for purchase at drug stores
- Condoms may be free in health units or other places and can be purchased at many stores. Make sure the condoms are not damaged or expired

Local Information