

SO YOU THINK YOU MIGHT BE PREGNANT...

The first thing you will need to do is find out whether or not you actually are pregnant.

You can buy a home pregnancy test at a drugstore. Some home pregnancy tests can give you accurate results on the day that your period should have started.

If your period is at least one week late, a urine pregnancy test at a doctor's office can give you accurate results. If you go for a pregnancy test before this, it may give a negative result even though you are actually pregnant. This is because the pregnancy test has been done before the pregnancy hormones have entered your urine.

FINDING OUT YOU ARE PREGNANT...

Intercourse without birth control - or birth control that failed - leads to pregnancy. An unplanned pregnancy can be a very difficult thing to deal with. You may feel relieved to know for sure that you are pregnant. But you might feel scared and panicky or you might be angry with the guy who is involved. Talk to someone about your feelings. It may help you think more clearly about the decisions you have to make.

DECISIONS TO MAKE

Deciding what to do about an unplanned pregnancy is your decision and there is no one right choice to make. The most important thing is for you to really understand your options and to understand why you make the choice you do.

Answering the following three questions honestly may help you decide what to do ...

1. Am I able to raise a child?
2. Would I be able to have a baby and place him/her for adoption?
3. Would I have an abortion?

Your beliefs and those of your family and friends will affect the decision you make. It might help to talk to someone you trust; someone who is supportive and realistic. Think about the advantages and disadvantages of each choice. If you are thinking of becoming a parent, take a realistic look at the services that would be available to you. It will probably be difficult to sort through everything, but remember ... it is your choice and you will have to live with the consequences.

While you do have some time to think about your choices, making a decision as soon as you can helps keep your options open. The earlier you decide to end a pregnancy, the easier it is and the more time you have to get information about the abortion services in your area. If you choose to have the baby, it's best to get prenatal care as early as possible.

For more information visit:

<http://www.serc.mb.ca/SERC/GE/WA - Ask a Question;>

<http://www.serc.mb.ca/content/dload/download.2009-02-11.9772958525/file;>

<http://www.serc.mb.ca/content/dload/ClinicsandPhoneLines/file>