

Pregnancy Options

End the pregnancy by having an abortion

Abortion facts

- Abortion is common. Almost 1 in 4 women will have an abortion by the age 45.ⁱ
- Abortion is safe
 - Abortion is safer than getting a dental procedure or cosmetic surgery.ⁱⁱ
 - The rate of major complications is 0.23%, which is like the rate of major complications caused by colonoscopies.ⁱⁱⁱ
 - In the United States, a woman is about 15 to 25 times more likely to die in childbirth than she is during an abortion.^{iv}
- Abortion does not make it more difficult to become pregnant and have a healthy pregnancy in the future. Fertility often returns quickly after an abortion.^v
- Abortion is not linked to an increased risk for breast cancer.^{vi}
- Abortion does not increase the risk for depression, anxiety, or suicidal thoughts.^{vii}

Types of abortion

Medication abortion

- Available up to 9 – 11 weeks in the pregnancy depending on state and provider
- Combination of medications – one taken in clinic and the others taken at home/somewhere safe
- Provider may prescribe a prescription-strength pain medication

In-clinic abortion

- Available further into a pregnancy than medication abortion, up to how many weeks in a pregnancy varies by state and provider
- Cervical dilation and gentle suction to empty the contents of the uterus
- Completed in clinic, procedure usually takes 5 – 10 minutes
- Pain management usually available

Abortion in Texas

Abortion is banned in Texas as of June 2022. However, abortion remains legal in other states so people can legally go to a different state to receive abortion care. States closest to Texas that still protect abortion access include New Mexico, Colorado, and Kansas.



Abortion access resources

Abortionfinder.org:

Provides information about abortion procedures, abortion support services and the nearest physical abortion clinic by location. www.abortionfinder.org/

National Abortion Federation (NAF):

NAF Hotline: Provide callers with accurate information, confidential consultation, and referrals to providers of quality abortion care. prochoice.org/patients/naf-hotline/

NAF Clinic Locator: prochoice.org/patients/find-a-provider/

National Network of Abortion Funds (NNAF):

Connects people seeking abortion care with organizations that can support financial and logistical needs for abortion care. abortionfunds.org/need-abortion/

Abortion support resources

All Options:

Offers free peer counseling and support regarding abortion, adoption, infertility, parenting, and pregnancy loss to callers from anywhere in the US. Call: 1-888-493-0092, www.all-options.org/

Pregnancy Options Workbook: A Guide for Those Facing a Pregnancy Decision:

English: www.pregnancyoptions.info/

Spanish: www.pregnancyoptions.info/home-espanol

DIY Doula Zine: Self-care for Before, During, & After Your Abortion: nycdoulaproject.org/diy-doula-zine

ⁱ Guttmacher. 2019. Retrieved from <https://www.guttmacher.org/fact-sheet/induced-abortion-united-states>

ⁱⁱ National Abortion Federation. 2022. Retrieved from <https://prochoice.org/patients/abortion-what-to-expect/>

ⁱⁱⁱ Abortion Finder. 2022. Retrieved from <https://www.abortionfinder.org/faqs>

^{iv} National Abortion Federation. 2022. Retrieved from <https://prochoice.org/patients/abortion-what-to-expect/>

^v ibid

^{vi} American Cancer Society. 2014. Retrieved from <https://www.cancer.org/healthy/cancer-causes/medical-treatments/abortion-and-breast-cancer-risk.html>

^{vii} American Psychological Association. 2022. Retrieved from <https://www.apa.org/monitor/2022/09/news-facts-abortion-mental-health>