

## Pregnancy Information

### Available Options

1. Continue Pregnancy - If you plan to continue the pregnancy, it is important to begin prenatal care as soon as possible. A list of local providers is provided at the bottom of this form.
2. Adoption – Both private adoption or through adoption agencies such as:

Children's Home Society  
 1801 Miccosukee Commons Drive  
 Tallahassee, FL 32308  
 (850)-921-0772  
<http://www.chsfl.org>

3. Termination – One local provider. Procedure can be medical or surgical.

North Florida Women's Health and  
 Counseling Services  
 1345 Cross Creek Circle  
 Tallahassee, FL 32301  
 (850)-877-3183  
<http://www.aboutabortion.org>

### Normal Signs and Symptoms

It is normal to have fatigue, breast tenderness, nausea or mild cramping.

### Warning Signs

You should go to the **emergency room** if you are having:

- Vaginal bleeding where you are soaking a pad an hour
- Severe abdominal pain, or
- Severe nausea and vomiting and are unable to keep down fluids for more than 12 hours

### Recommendations

- Begin prenatal vitamins with folic acid.
- For nausea, eat small frequent meals
- Keep saltine crackers by your bed, and eat some as soon as you wake up prior to getting out of bed.
- Eat what sounds good to you and avoid forcing yourself to eat anything that makes you sick to think about or smell.
- Avoid alcohol, smoking, or illegal drugs.
- Do not take any over the counter medications or herbal products without checking with your OB health care provider.
- If taking prescription medications, contact the prescribing clinician as soon as possible to see if medications are compatible with pregnancy.

#### FSU RESOURCES

<b>Counseling:</b>	FSU University Counseling Center (850)-644-2003
<b>Academic Support:</b>	FSU Office of Retention and Academic Support (850)-644-0387
<b>Employment:</b>	FSU Career Center (850)-644-6431
<b>Financial Aid:</b>	FSU Office of Financial Aid (850)-644-0539
<b>Childcare:</b>	FSU Infant and Toddler Child Development Center (850)-644-7970

#### OTHER LOCAL RESOURCES

<b>Planned Parenthood:</b>	(850)-574-7455
<b>Leon County Health Department:</b>	(850)-606-8050
<b>Bond Community Health Center:</b>	(850)-576-4073

#### LOCAL PROVIDERS

**\*\* Check with your insurance** to see what providers are covered. If you do not have insurance, you may qualify for Medicaid coverage.

- Azalea Women's Healthcare
- Blessed Be Midwifery – Home Birth
- Bond Community Health Center
- Capital City Women's Health
- Capital Regional Women's Health
- Gynecology and Obstetrics Associates
- Where the Heart is Midwifery – Home Birth
- Jasmine Women's Center
- Nature Coast Women's Care
- Neighborhood Medical Center
- North Florida Women's Care
- Renaissance Obstetrics and Gynecology
- Tallahassee Memorial Healthcare Family Practice Residency Program – Anderson-Brickler Midwifery Services
- The Birth Cottage – Stand-alone Birthing Center or Home Birth
- H. Whit Oliver, Family Practice MD