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](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](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

| Counseling: | FSU University Counseling Center
| Academic Support: | FSU Office of Retention and Academic Support
| Employment: | FSU Career Center
| Financial Aid: | FSU Office of Financial Aid
| Childcare: | FSU Infant and Toddler Child Development Center

OTHER LOCAL RESOURCES

| Planned Parenthood: | (850)-574-7455
| Leon County Health Department: | (850)-606-8050
| Bond Community Health Center: | (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