

# *You Decide:*

A Guide to Reproductive  
Health Options and  
Services in Washington  
State





**NARAL**  
**Pro-Choice Washington Foundation**

## **You Decide: A Guide to Reproductive Health Options and Services in Washington State**

This guide provides information about birth control, emergency contraception, pregnancy testing, and abortion, as well as your legal rights to reproductive health care in Washington State. It also provides a directory of licensed abortion providers that are safe, and clinics providing free or low cost reproductive health care services.

### **NARAL Pro-Choice Washington Foundation Mission**

*To ensure every woman's right to access the full range of reproductive health options including preventing unintended pregnancy, bearing healthy children and choosing legal abortion. Since 1986 we have worked to accomplish this mission through statewide education and training programs and public policy initiatives.*

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## Disclaimer

All information about hospitals and clinics listed in this guide was gathered through phone surveying in November 2006 – March 2007. NARAL Pro-Choice Washington Foundation does not guarantee the accuracy or completeness of the contents of this booklet as clinic and hospital policy can be subject to change. NARAL Pro-Choice Washington Foundation hereby specifically disclaims any liability for loss incurred as a consequence of the use of any material in this booklet. This guide is for informational purposes only and is not meant as a substitute for advice from a health care professional.

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## Reproductive Health Care Rights

1. The voters of Washington approved Initiative 120 in 1991; this law protects your right to safe, legal abortion care in our state.
2. Plan B® “morning-after” pills are available over the counter to women 18 and older.
3. If pharmacies have your medication in stock, they cannot refuse to fill your valid prescription for birth control or “morning-after” pills. If a pharmacy doesn’t have the medication they must refer you to one that does.
4. Low-income women can access state Medicaid funding for abortion care. See page 9 for more information.
5. All hospital emergency rooms in Washington State must tell victims of sexual assault about emergency contraception (the “morning-after” pill) and provide the pills if the woman wants them.

## Rights of Women Under 18

1. Minors can get Plan B® “morning-after” pills directly from certain specially trained pharmacists in Washington; for a list of these pharmacies visit [www.not-2-late.com](http://www.not-2-late.com).
2. Minors have the right to confidential reproductive health services; while it’s a good idea to talk to your parents or a trusted adult about reproductive health decisions, you are *not* required to tell your parents if you decide to take birth control, have an STD test or have an abortion. If you decide to talk to your parents and need advice on starting the conversation, visit [www.momdadimpregnant.com](http://www.momdadimpregnant.com).
3. Sex education that is taught in Washington public schools must be medically accurate and include information about abstinence and contraception.

## Pregnancy Prevention Methods

Using birth control is critical if you are sexually active and do not want to get pregnant. Your health care provider can help you decide which method of birth control is best for you.

From the drugstore or pharmacy you can access:

- Emergency contraception
- Male and/or female condoms
- Spermicidal foams
- Contraceptive film

From your doctor's office or family planning clinic you can access:

- Birth control pills or patches
- Emergency contraception
- Depo-Provera
- Intrauterine Devices (IUDs)
- Vaginal rings
- Cervical caps
- Diaphragms
- Implanon

**Remember:** Not all contraceptives protect you from sexually transmitted diseases (STDs). When used correctly and consistently, condoms are your best defense against most STDs. For more information, contact the STD Hotline at (800) 227-8922, or visit the American Social Health Association's STD information website at [www.ashastd.org](http://www.ashastd.org).

### **Take Charge: You May Qualify for Free Birth Control**

**Take Charge is Washington's family planning financial assistance program for teens and adults. You may qualify for free or low cost birth control and other reproductive health care services.** You must be a U.S. citizen and resident of Washington State to qualify for Take Charge. **You can apply for the program at most Take Charge provider clinics.**

**For a list of Take Charge providers, see pages *i - vii*.**

## Plan B®: the “Morning-After” Pill

Emergency contraception, also called the “morning-after pill” or Plan B®, is a strong dose of ordinary birth control pills that reduces a woman’s chance of becoming pregnant if taken soon after sex.

- Emergency contraception is 75-89% effective when taken within 72 hours after unprotected sex, and can be effective up to 120 hours after unprotected sex.
- Plan B® is more effective the sooner it is taken.
- For a list of reproductive health care providers that supply or prescribe emergency contraception see pages *i - viii*. (This is not a comprehensive list.)
- For more information or to find a provider in your area, call the **Emergency Contraception Hotline at (888) NOT-2-LATE, or visit [www.not-2-late.com](http://www.not-2-late.com).**

**For more information on your legal rights to access emergency contraception, see page 3.**

## I Think I Might be Pregnant...

If your period is two weeks late, you might be pregnant.

- Your first step is to take a pregnancy test.
- You can take a home pregnancy test, but you should confirm the results with a health care professional.
- Your health care provider will determine how far along your pregnancy is by calculating the amount of time since your last period.
- The clinics and hospitals listed in on pages *i - xxviii* offer pregnancy testing, or can refer you to a clinic that does.

**If you are NOT pregnant...**

- If you are not pregnant, this may be a good time to choose a method of birth control.
- If you are already using birth control you should assess whether your method of birth control is the most effective for you.

## I am Pregnant; What Are My Options?

Once you know for sure that you are pregnant, you have three options: parenthood, adoption or abortion. The clinics and hospitals listed in this booklet can provide counseling to help you make the decision that is right for you.

- Options counseling is an opportunity to discuss different choices such as abortion, adoption, and parenthood with a trained counselor in a non-judgmental, confidential, and supportive environment.
- If you ever feel uncomfortable with a health care provider, or a provider does not offer the services you are seeking, you can leave and find another provider.
- If you want to discuss your options, or have questions about your options, you can call **Backline, a confidential and free talk line at (888) 493-0092.**

## Seeking Safe Abortion Care

If you decide to have an abortion, the following pages offer information on finding a safe provider and paying for abortion care.

### How To Find a Safe Provider

- Washington State requires that only licensed and qualified health care providers offer abortion care.
- For a list of safe and licensed abortion providers, see pages *viii—xxvii*.

### What is medical abortion (RU-486)?

- A medical abortion is a combination of pills that can be used to terminate an early pregnancy, usually up to 8 weeks.
- The medication and instructions are given in a clinic or hospital; the abortion is usually completed in the privacy of a woman's home.
- Common names for medical abortion pills include Mifiprex, Mifepristone, and RU-486.
- Medical abortion is **NOT** the same as emergency contraception. Plan B® emergency contraception helps prevent pregnancy and will not induce an abortion.

## What to Expect if You Seek Abortion Care

**Make sure to follow all instructions given by your health care professional. These may include but are not limited to:**

- Do not drink any alcohol or use any recreational drugs in the 24 hours before your procedure.
- Do not eat or drink anything in the two hours before your appointment.
- You may receive an ultrasound (either vaginal or abdominal) to determine your exact stage of pregnancy.
- Bring two sanitary napkins with you, not tampons.
- Arrive a little early to allow time to complete any additional paperwork and to become comfortable with the environment.
- Arrange for transportation home because you will not be able to drive yourself.
- Most clinics will require you to stay within 30 minutes of the clinic during 2 and 3-day procedures.
- If you need transportation or a place to stay during your procedure call NARAL Pro-Choice Washington Foundation at (206) 624-1990 and ask for the Abortion Access Network *at least* 24 hours before your appointment.

### **Questions you may want to ask before your abortion:**

- What abortion procedures are available at this clinic?
- How is the abortion procedure done?
- What is the cost of an abortion?
- How soon can I get pregnant again?
- How long is the recovery time?
- What can I expect from my body after an abortion?
- What are my contraceptive options after an abortion?
- What kind of tests and counseling do I need?

### **Informed Consent**

State law requires that patients must be educated about medical procedures they obtain.

- Your provider must discuss the pros and cons of your chosen medical procedure and any alternatives to that procedure.
- Your provider will ask you to sign a form stating that you received the necessary information and consented to the chosen procedure.

## Paying for Your Abortion

### How much will my abortion cost?

The cost of an abortion procedure depends upon how far along you are in the pregnancy and varies from provider to provider.

- First-trimester abortions generally cost \$400 to \$800.
- Second-trimester abortions generally cost \$500 to \$4,000.

It is your responsibility to find out how much you will be charged for your procedure. A good time to discuss the cost of your procedure is during a counseling session or on the phone when you make your appointment.

**Are there other costs?** In addition to the abortion procedure itself, you may be charged for the following services:

- Lab work
- Anesthesia or other medications
- Ultrasound
- Additional medication if your blood type is Rh-negative
- Pelvic exam
- Interpreter services, if needed
- Follow-up exam

### How do I pay?

Most providers expect you to pay for your procedure in full before you actually have it.

- Many providers **DO NOT** accept personal checks.
- Most providers accept insurance, cash, credit cards, and Medicaid vouchers.

### Who is eligible for Medicaid/DSHS funding?

- If you earn less than approximately \$1,476 per month, you are likely eligible for Medicaid/DSHS funding.
- The income eligibility requirement can change based on your family size and other DSHS policy changes.
- If you are under 18 and can't afford to pay for an abortion, you can apply for Medicaid/DSHS funding. This process is confidential.
- You must be a resident of Washington State.
- Eligibility requirements may change: contact your local Community Service Office (step 1 on the next page) for further details.

## Applying for State Funding for an Abortion

1. **Call the Family Planning Hotline at (800) 770-4334** to find the location of your closest Community Service Office (CSO).
2. Get written confirmation of your positive pregnancy test from a health care provider—you may be able to get this from your CSO. **NOTE:** Crisis Pregnancy Centers often advertise free pregnancy testing, however, they may refuse to provide proof of your results to you or to your caseworker (for more on these centers see page 10).
3. **Take photo ID, proof of your positive pregnancy test, and proof of any income** to your CSO office to apply for funding.
4. A caseworker will help you complete all the necessary forms.
5. The application process can take anywhere from one to five working days: **start the application process early.**
6. **If you already have an appointment for your abortion when you apply for funding, be sure to tell your caseworker the date.**
7. If you qualify for funding, you will receive a DSHS voucher.
8. When making your abortion procedure appointment, ask if Medicaid vouchers are accepted as payment for these services.
9. DSHS can provide transportation to and from your abortion appointment. Ask your CSO for details.

## Beware of Fake Clinics

**Fake clinics, also known as crisis pregnancy centers (CPCs), are managed and financed by anti-choice organizations and often are not staffed by medical professionals.** While some CPCs may provide appropriate support and information to women facing unintended pregnancies, many do not.

### **Crisis Pregnancy Centers may:**

- Promise you a free pregnancy test
- **Be listed under “Abortion Alternatives” in the phone book**
- Use religious propaganda and myths about abortion as fear tactics to scare you away from choosing abortion
- Encourage you to come in immediately for counseling
- Not provide abortion referrals
- Talk to you at length about fetal development
- Pressure you into choosing abstinence over birth control
- Pressure you into choosing parenthood or adoption
- Claim that abortion can cause breast cancer—medical and scientific experts agree that such claims are false.

### **Some Common Names of Crisis Pregnancy Centers**

There are many crisis pregnancy centers located throughout Washington State. Below is a list of common CPC names. Please note this is not a complete list of all crisis pregnancy centers.

Bethany Christian Services	Heartbeat International
Birthright	Human Life
Catholic Community Service	Life Choices Pregnancy Clinic
Family Center	New Beginnings
Celebrate Life	New Hope
Crisis Pregnancy Center	Pregnancy Aid
CareNet	Pregnancy Center
First Way	Pregnancy Help Medical Clinic

## Additional Resources for Reproductive Health Care

Below is a list of additional resources to answer your questions and assist you in the decision-making process.

- If you need pregnancy prevention information or a referral to the emergency contraception provider nearest you, call the **Emergency Contraception Hotline (888) NOT-2-LATE** or visit **[www.not-2-late.com](http://www.not-2-late.com)**.
- **The CAIR Project** (Community Abortion Information and Resource Project) provides small grants to women in need of abortion funding, as well as case management and referral. To reach the CAIR Project, call **(888) 644-2247** or visit **[www.cairproject.org](http://www.cairproject.org)**.
- For assistance with transportation or a place to stay during an abortion procedure, call NARAL Pro-Choice Washington Foundation at **(206) 624-1990** at least 24 hours before your appointment, and **ask for the Abortion Access Network**, or visit **[www.prochoicewashington.org](http://www.prochoicewashington.org)**.
- To talk about your options and/or your feelings regarding pregnancy, parenting, abortion or adoption, call the free and confidential **Backline** talk line at **(800) 493-0092**, or visit their website at **[www.yourbackline.org](http://www.yourbackline.org)**.
- For guidance on how to talk about pregnancy with your parents, visit **[www.momdadimpregnant.com](http://www.momdadimpregnant.com)**.
- For abortion and other reproductive health care information call the **National Abortion Federation (NAF)** at **(800) 772-9100**, or visit their website at **[www.prochoice.org](http://www.prochoice.org)**.

## Barriers to Reproductive Health Care

While the right to safe, legal abortion care is protected by Washington law and family planning clinics strive to provide affordable care, many women do face barriers to accessing care. Minority, low-income or young women often face a variety of factors that make it more difficult to access health care, including abortion care. In addition, women who reside in rural communities must often travel miles in order to access emergency contraception or an abortion provider.

## You Can Help Increase Access to Reproductive Health Care

NARAL Pro-Choice Washington and NARAL Pro-Choice Washington Foundation are dedicated to protecting every woman's right to make personal decisions about her reproductive health and to improving access to reproductive health care for all women.

### **Here are a few easy ways you can help:**

- VOTE for pro-choice candidates in local, state, and national elections.
- Sign up to volunteer with NARAL Pro-Choice Washington by visiting [www.prochoicewashington.org](http://www.prochoicewashington.org).
- Educate yourself and others about current reproductive rights issues.
- Report problems accessing reproductive health care services to NARAL Pro-Choice Washington Foundation at (206) 624-1990.

To learn more, visit [www.ProChoiceWashington.org](http://www.ProChoiceWashington.org)