



Plan C

Plan C ~ an abortion pill that can be ordered online (only in certain states), has recently been gaining more attention. Ordering the abortion pill via telemedicine, may appear to be the most convenient option, especially when facing an unintended pregnancy during the COVID-19 outbreak. It allows you to terminate a pregnancy without having to enter a doctor's office, but there are risks you need to be aware of that may outweigh the convenience of being able to forgo the doctor's office.

A good doctor is invaluable. Having a person that knows your unique medical history, who can walk you through a procedure and answer your questions, is a huge asset. When you choose Plan C, you are somewhat forgoing this personalized help. With Plan C, there is a lack of personal follow up care to ensure that there are no complications. In most cases, even a small amount of remaining fetal tissue can cause an infection. This could lead to more medical intervention and pain if not dealt with in a knowledgeable and timely manner.

When you order a pill online, ***there is a possibility that it could be coming from a country that does not have the FDA to ensure a quality product.*** You do not have any control over what country this pill is coming from. The FDA is in place to ensure that our food and drugs are not manufactured in a way that might be harmful or negligent. When choosing to order an abortion pill through the avenue of telemedicine, you may be receiving a product that is not up to the FDA's

standards. **Before choosing Plan C, be sure to check your state's laws, as Plan C is still illegal in some places in the United States.**

If you are considering Plan C, ***I would encourage you to seek an ultrasound FIRST! Why? ...*** If you're not sure of the date of your last menstrual period, how many days your cycle is (there is a range!), or if you've had sex more than once, **an ultrasound is very important to help you determine how far along the pregnancy is.** Even if you precisely know these dates, it's still good to double check, as well as to check for any possible complications such as an ectopic pregnancy. An ectopic pregnancy is when a fetus implants in the fallopian tubes, which can be harmful and sometimes even fatal for a woman. Plan C does not take into account complications that require a doctor and other forms of medical intervention. **Also of importance to note, this form of abortion is only designed to terminate a pregnancy within a certain range of weeks, and if the pregnancy is out of that range, it may not work effectively.**

You deserve quality care! Facing an unplanned pregnancy is difficult enough without the trauma of a failed abortion or complications. ***You deserve the very best medical advice, and you deserve to have all of the information that you need before beginning any medical procedure. Seek an ultrasound and talk to someone about the risks of Plan C before you make that decision. You deserve to have all of the information that you need so that you can make an informed and empowered decision that prioritizes your health and safety!***

If you would like more information on Plan C or would like someone to talk to, ***we are here for you!*** We are here to listen to you without judgement and to offer you confidential support. **Life Choice Center offers FREE, confidential, first trimester ultrasounds without any insurance requirements.**

Call or text us at 607-205-8506



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