You know what’s best for you!

Your Plan B & Pregnancy Test Guide

People who menstruate (get their period) release an egg as part of their menstrual cycle—usually 8-16 days after their last period. The egg will stay in their tubes for 12-24 hours. If it doesn’t get fertilized, the egg breaks down and is released along with their uterine lining during their next period.

During sex, a penis can release semen into their vagina when the person with the penis ejaculates. Sperm will travel through their cervix and uterus and into their tubes to fertilize an egg. Sperm can live inside their tubes for up to 5 days. If a sperm fertilizes the egg, it becomes a fertilized egg and travels down the tubes to the uterus. This takes about 5-7 days, and then it implants in their uterine lining. Once it implants, their body will start producing pregnancy hormones that tell their uterine lining to grow thicker and the cell nucleus divides. The hormone HCG will show up in their pee a few days after.

A pregnancy test that tests their urine for HCG (a pregnancy hormone) is the only way to know that you are pregnant. Symptoms are not a reliable way to know if you are pregnant. Even a late period can have other causes.

Think you might be pregnant? Take a pregnancy test!

How to Take a Pregnancy Test

Wait at least 14 days from the day you had sex, or until your period is at least 3 days late.

1. Read the pregnancy test’s instructions.

2. Pee into a small cup.

3. Insert the test strip into the cup of pee for 5-10 seconds (per instructions).

4. Wait 2 minutes.

5. If there are two lines, the test is positive. If there is one line, the test is negative.

6. Throw it away!

The results aren’t accurate once the test has been sitting for 10+ minutes.

Questions?

Want reliable birth control? (You don’t need parental consent!)

Text the Jane’s Due Process Hotline at 866-999-5263.

Questions about abortion or prenatal care?

Unfold this zine & read our guide on the back!

Wish you’d learned this stuff in sex ed? US too!!

Follow @ JANESDUEPROCESS on Instagram to learn more!

With love from the Bridge Collective & Jane’s Due Process
POSITIVE PREGNANCY TEST?

If you aren't sure what you want to do, you can call All Options at 1-888-493-0092 to talk to an unbiased options counselor, or you can work through a pregnancy options workbook at www.pregnancyoptions.info

IF YOU WANT TO BE PREGNANT...YOUR NEXT STEP IS GETTING PREGNATAL CARE

Prenatal care is when you get checkups from a doctor, nurse, or midwife throughout your pregnancy. It helps keep you and your future baby healthy. You can also use this time to create a birth plan, which is a document that communicates your wishes to those caring for you during your labor and after the birth of your baby.

THESE CLINICS OFFER FREE PREGNATAL CARE EVEN IF YOU DO NOT HAVE INSURANCE:

<table>
<thead>
<tr>
<th>People's Community Clinic</th>
<th>Lone Star Circle of Care</th>
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<tbody>
<tr>
<td>1101 Camino La Costa</td>
<td>Multiple locations in Central Texas</td>
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<tr>
<td>512-478-4939 (Option 1, then Option 1)</td>
<td>1-877-800-5722</td>
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Mama Sana Vibrant Woman (for families of color)
Offers prenatal midwifery care | 512-710-5729 | www.msvwatx.org

LEARN ABOUT PREGNANCY AND BIRTH:

Text4Baby: receive texts with important information timed to your pregnancy!
Text BABY to 511411

The Birth Hour podcast: Listen to other peoples’ pregnancy and childbirth stories.
thebirthhour.com or search for “The Birth Hour” wherever you get podcasts

GET FREE EMOTIONAL AND PHYSICAL SUPPORT HERE:

Giving Austin Labor Support (GALS)
Provides free doulas to support you during pregnancy and labor | 512-934-2171 |
www.givingaustinlaborsupport.org

Any Baby Can
512-454-3743
www.anybabycan.org

Love Over Fear Virtual Support
Group for Pregnant LGBTQIA+ Individuals & their families
https://loveoverfearwellness.com/qcy/

IF YOU DON'T WANT TO BE PREGNANT...YOU CAN END YOUR PREGNANCY BY HAVING AN ABORTION

Abortion is a safe procedure for ending a pregnancy. People have abortions for many different reasons. No matter why you want to end a pregnancy, your reason is enough. In Texas, abortion is only available after a negative cardiac activity test due to a law called SB8 that went into effect on 9/1/2021. Cardiac activity generally happens around 6 weeks after your last menstrual period. Even if fetal cardiac activity is present, abortion is a safe option for you, but cannot be provided at a clinic in Texas.

YOUR LOCAL ABORTION CLINICS:

Whole Woman’s Health
4100 Duval Rd.
877-835-1090

Planned Parenthood
201 E Ben White Blvd.
512-276-8000

Austin Women’s Health Center
902 S I-35
512-443-2888

YOUR LOCAL ABORTION FUNDS:

All three of these clinics offer financial assistance! Ask when you call!

For help paying for an abortion: Lilith Fund, 877-659-4304

For a ride to an Austin clinic: The Bridge Collective, 512-924-9822

If you need to travel to another city: Fund Texas Choice, 844-900-8908

UNDER 18?

Texas law requires permission from a parent or a judge to have an abortion if you are under 18. Jane’s Due Process can help you get permission from a judge. Call or text them at 866-999-5263.

DO I HAVE TO GO TO A CLINIC?

There are many barriers to getting an abortion in Texas, so some people decide that they don’t want to go to a clinic. Studies have shown that thousands of Texans order pills online from AidAccess.org (you can read those studies at projectsana.org). Additional studies by plancpills.org have shown that pills ordered online are safe and effective through 12 weeks of pregnancy. It’s important to know that in Texas, anyone who helps you get an abortion after fetal cardiac activity can be sued in civil court. We are not advising you on the legality of getting an abortion outside a clinic.

Questions? Call or text Jane’s Due Process at 866-999-5263.
You can learn more about keeping your pregnancy or abortion private at digitaldefensefund.org/abortion-privacy.