



# ABORTION HEALTH & SAFETY CHECKLIST

## Abortion Health & Safety Checklist

Often abortion seems like a 'quick fix' that will make everything snap back to normal, but the fact is that your decision – whether you choose abortion, carry and parent, or carry and release for adoption – will have lifelong consequences for you. Take your time to carefully research all your options before you make a final decision. Slow down and make sure this is the best choice for you.

**Go through the points below and check any that apply to you.**

- I am 100% sure I am pregnant.
- I have had an ultrasound to confirm my pregnancy and ensure that it is progressing normally.
- I have carefully researched all abortion procedures.
- I have carefully researched all the potential physical complications that could arise due to an abortion.
- I have carefully researched all the potential emotional complications that could arise due to an abortion.
- The abortion clinic has shown me, in writing, that they will care for me if I experience any side effects or complications.
- The abortion doctor has hospital privileges at a local hospital and I have been given documentation to prove this.
- I have carefully researched the abortion clinic and I am sure that they have not had any lawsuits filed against them.
- I have carefully researched the abortion clinic and I am 100% certain that no women have been hospitalized, injured, or suffered serious complications due to an abortion performed at this clinic.
- I have been tested for STDs.
- I have carefully researched fetal development.

If you cannot check each boxes, take some time and make sure that you have done everything necessary to prepare for this procedure. If you arrive at the clinic and you are not comfortable with what is going on, you are free to leave. At no point can the clinic detain you. If you are frightened and feel that you cannot leave call the police immediately. If someone is forcing you to have an abortion and you are in immediate danger please call 911. If someone is pressuring you or threatening you, call 911 and contact The Justice Foundation at 210-614-7157.

