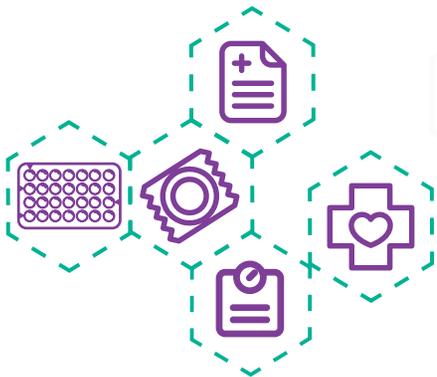


I'M OK EITHER WAY

"I believe that a pregnancy will happen when it's supposed to."

We all know that pregnancies aren't always planned! Some women want to be surprised, or if it happens, it happens. You may not be actively trying to get pregnant but also not taking birth control regularly. If you're ok if you become pregnant this year, it's important you're as healthy as possible before you conceive so your baby can be healthy too.

Did you know? About 85 out of 100 sexually active women who do not use any birth control can expect to become pregnant in a year.



ONE KEY QUESTION®

By asking ONE KEY QUESTION®, health care providers can support your own goals for your health, whether or not you want to become pregnant. For more information on pregnancy intention, birth control, and preparing for pregnancy, visit www.onekeyquestion.org

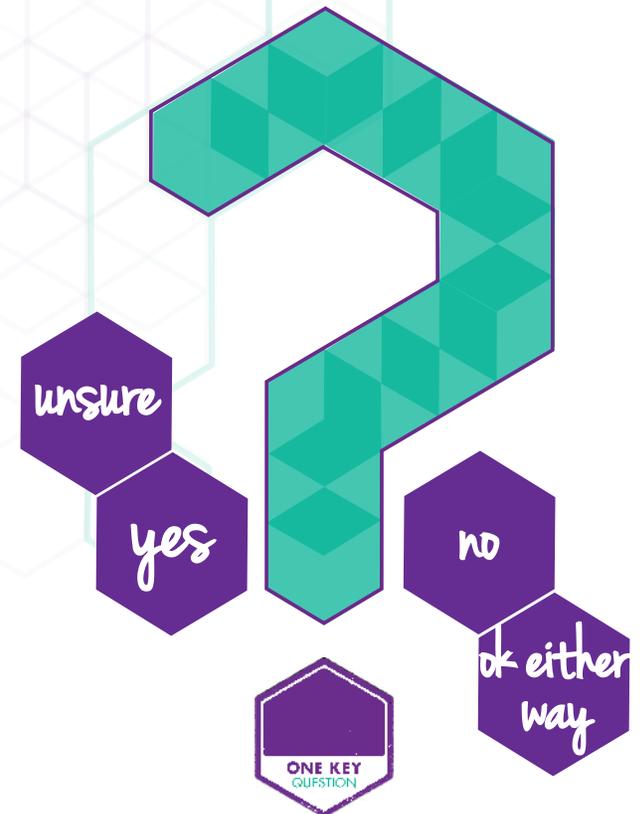
Start the conversation today!

Oregon Foundation for Reproductive Health is a 501 (c) (3) non-profit organization dedicated to improving access to comprehensive reproductive health care.

info@onekeyquestion.org
PO Box 40472 • Portland, OR 97240



Would you like to become pregnant in the next year?



Would you like to become pregnant in the next year?

I'M NOT SURE

"Honestly, I'm not sure if I want to become pregnant right now."

"Is it a good time for me? Do I have all the resources I need?"



Whether or not you want to become pregnant talk to your health care provider today. Learn how to prepare for a healthy pregnancy and how to prevent pregnancy until you are ready.



Emergency Contraception ("the morning after pill") is a second chance to prevent pregnancy. Take it as soon as possible after unprotected sex.

You can:

- Buy it over-the-counter at the pharmacy or store (up to 72 hrs)
- Get a prescription from your health care provider (within 72-120 hrs)



ONE KEY QUESTION®

NO

If you want to prevent pregnancy, there are many safe and effective birth control options. When choosing a birth control, a few things to consider are:

- Your current health
- How often you have sex
- How often you can visit a health center
- How effective the method is at protecting against pregnancy

It's important to learn about all birth control options so you can find the best method for your life and your body. Ask directions for how to use it and what to do if a mistake happens.:

- *The IUD (like Mirena, ParaGard, Skyla)*
- *The Implant in the arm*
- *The Shot or "depo"*
- *The Vaginal Ring*
- *The Patch*
- *The Pill*
- *Condoms for men & women (for STI protection too!)*

IUDs and implants are 99% effective at preventing pregnancy and last for several years!



YES

Your health before you become pregnant is critical for a healthy pregnancy and baby. If you want to get pregnant soon, a few things to consider are:

- Start taking folic acid or a prenatal vitamin daily
- Make sure any health conditions, such as asthma or diabetes, are being managed
- Ask if the medications you are taking are safe during pregnancy

It's best for your body and the health of your next baby to wait about 18 months after giving birth to become pregnant again. Talk with your partner about your goals for pregnancy and what steps you can take to be as healthy as possible.

You may also want to:

- Check that your vaccines are current
- Avoid smoking and drinking alcohol
- Get active – a healthy weight and regular physical activity can make a big difference!
- Schedule a dental care checkup

