

What to Expect

At Your Options Consultation



Health Services
Hours: 8:30 a.m. - 4:30 p.m.
Monday - Friday
Building 27
Phone: (805) 756-1211

Our goal at Health Services is to offer you up-to-date medical information, recommendations, and support in the choice that you make.

Besides your consultation with Health Services, consider seeking advice from trusted people in your life. Try to find those who do not pressure you into a particular decision. It is your decision. You can also discuss a referral to Counseling Services at the time of your consult or also call on your own.



What should I expect at the consultation?

- A conversation with your provider about your pregnancy options. This can include giving birth and becoming a parent, choosing to plan an adoption or having an abortion. We will answer all your questions.
- A detailed discussion about your general health.
- A Provider will check your vital signs and a brief physical exam. A pelvic exam is usually not necessary.

If you choose to continue the pregnancy:

We will refer you to an obstetrician for prenatal care and give you advice regarding a safe and healthy pregnancy.

If you choose to have an abortion:

We will have a full discussion about medication abortion and aspiration abortion, and the pros and cons of each and which options are best for you. If you are having a medication abortion, you will be able to take your first pill on the day of the consult. The second set of pills are taken 24-48 hours later. Cal Poly provides medication abortions that do not require ultrasound or surgical techniques. If we find that you need an ultrasound or other services, we can refer you to off-campus local resources for treatment.

FAQ's

And other helpful information

How long do I have to decide what to do?



- If you are going to continue the pregnancy, we will refer you to an obstetrician as early as possible in your pregnancy.
- Cal Poly Health Services prescribes medication for abortion up to 70 days of gestation (70 days after the first day of your last period). If you are up to 77 days of gestation, you can be referred off-campus for a medication abortion. We can also refer you for an aspiration abortion up to 22-24 weeks of gestation.



Can I bring a support person to the appointment?

- Yes. We ask that everyone follows all CH&W rules regarding COVID-19 and masking in our building.



Do I need to check in again when I arrive for the consultation?

- Yes, please check in at the computer kiosks in the main lobby when you return for your appointment.

Resources:

About Medication Abortion
From Medline Plus



About Surgical Abortion
From Medline Plus



Continuing Your Pregnancy
From Medline Plus



Thinking About Adoption
From Children's Bureau

