



# UHS Reproductive Health Services

## Gynecological Care & Screening

If you have a cervix, you may need a PAP/pelvic exam for cervical cancer screening, depending on your age, sexual practices, and family/medical history. In addition to the gynecological exam, in some cases, a clinician may also perform a clinical breast exam to check for lumps or other abnormalities. During your exam, your clinician can teach you about normal anatomy and will advise whether you need further screening tests like ultrasound or mammography.

**Ready to schedule a Preventive Health and/or PAP visit? Schedule your visit through the eTang Patient Portal.**

## Contraceptive Options

There are more options than ever to help prevent unplanned pregnancies. Many factors go into making this important decision. What once was a good method for you a few years ago may not fit your busy lifestyle and schedule now, and new options may have become available. We can assist you in finding the right method for your individual needs and preferences.

Emergency Contraception (EC) is also available. Paragard and Mirena IUDs are the most effective emergency contraception and can be used for ongoing contraception. An IUD can be placed within 5 days of unprotected sex. Oral emergency contraception (Plan B and Ella) EC is not as effective but can be very helpful and safe to use. Plan B can be purchased without a prescription by anyone. Ella is available by prescription only, is covered by Berkeley SHIP, and can be requested by calling the Advice Nurse 510-643-7197.

## Pregnancy Options

Think you might be pregnant? Here are some of your options. Our clinicians or social services counselors can assist you with navigating these options.

- Pregnancy Testing
- Adoption
- Assistance and Advocacy
- Emergency Contraception & Abortion (including Medication Abortion)
- Family Planning
- Prenatal Care
- Undecided
- Pregnancy Counseling through Social Services

**Learn more at [uhs.berkeley.edu/reproductivehealth](https://uhs.berkeley.edu/reproductivehealth)**

# PREGNANCY OPTIONS

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## Adoption

UHS Social Services has information about the adoption process in California and other resources on prenatal care, legal assistance, and academic adjustments. To make an appointment with specialty counselors at Social Services, please call **(510) 642-6074**.

## Assistance and Advocacy

If your possible pregnancy is the result of non-consensual sex, you can speak to a confidential counselor at the UC Berkeley Path to CARE Center or UHS Social Services for help with: emotional support, medical care options, legal resources, safe housing, and academic adjustments. **For urgent confidential support, call the Path to CARE's 24/7 Care Line at (510) 643-2005.**

## Family Planning and Abortion

- **Emergency Contraception:** Did you know emergency contraception can be taken up to 120 hours after unprotected intercourse? The sooner you take it, the better. For more information, please call our 24/7 advice nurse at (510) 643-7197.
- **Abortion:** UHS offers medication abortion and referral to procedural abortion (surgical). If you are interested in a medication abortion appointment at the Tang Center, log into the eTang patient portal select "Messaging" from the eTang portal options, and navigate to "Pregnancy Services/Pregnancy options", then "I have a known positive pregnancy test", then "Family Planning/ Abortion services."

## Prenatal Care

UHS Social Services has information about prenatal care options and other resources on balancing school/life balance with children, housing considerations, and academic adjustments. To make an appointment with Social Services, please call (510) 642-6074.

### For prenatal care referrals:

- For students who have SHIP, a referral is required for prenatal care services. You may request this insurance referral from the UHS Advice Nurse: Call (510) 643-7197, UHS Social Services: (510) 642-6074, or a UHS physician or nurse practitioner.
- Non-SHIP: The staff in the Social Services department (510) 642-6074 can provide information regarding referrals for services if you have other private insurance.

## Undecided

Becoming pregnant can be an unexpected, confusing, stressful, and emotional time. Many people are initially undecided about what to do next after becoming pregnant. Being aware of your options moving forward and the steps that follow making a decision is a reasonable first step. If you would like to make an appointment with a clinician, please make an appointment through eTang or by calling **(510) 642-2000**. You can also make an appointment to speak to a counselor regarding pregnancy options by calling our Social Services department at **(510) 642-6074**.

## Pregnancy Counseling through Social Services

If you are pregnant, Social Services can provide emotional/resource support around decision-making, next steps, and more. Please contact the UHS Social Services office to set up an appointment.

**Learn more at [uhs.berkeley.edu/pregnancyoptions](https://uhs.berkeley.edu/pregnancyoptions)**