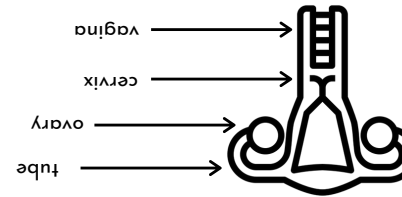


A: PREGNANCY HAPPENS WHEN A PERSON'S EGG IS FERTILIZED BY SOMEONE ELSE'S SPERM, AND THE FERTILIZED EGG IMPLANTS IN THEIR UTERUS.



People who menstruate (get their period) release an egg as part of their menstrual cycle - usually 8-16 days after your last period. The egg will stay in your tubes for 12-24 hours. If it doesn't get fertilized, the egg breaks down and is released along with your uterine lining during your next period. During sex, a penis can release semen into your vagina when the person with the penis ejaculates. Sperm will travel through your cervix and uterus and into your tubes to fertilize an egg. Sperm can live inside your 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 your uterine lining. Once it implants, your body will start producing pregnancy hormones that tell your uterine lining to grow thicker and the cell starts dividing. The hormone HcG will show up in your pee a few days later.

Q: HOW DOES PREGNANCY HAPPEN?

YOU KNOW WHAT'S BEST FOR YOU!

Your Plan B & Pregnancy Test Guide

with love from the Bridge Collective & Jane's Due Process

QUESTIONS ABOUT ABORTION OR PRENATAL CARE?

Unfold this zine & read our guide on the back!

QUESTIONS ABOUT BIRTH CONTROL?

There are clinics that can provide you with birth control for free!

TEXT THE JANE'S DUE PROCESS HOTLINE AT 866-999-5263.

WISH YOU'D LEARNED THIS STUFF IN SEX ED? US TOO!!

FOLLOW @JANESDUEPROCESS ON INSTAGRAM TO LEARN MORE!

HOW DOES EMERGENCY CONTRACEPTION (AKA EC OR PLAN B) WORK?

Plan B delays ovulation (the release of an egg). The pill that you got with this zine does this with a high dose of progestin, a hormone your body makes naturally.

I HEARD PLAN B DOESN'T WORK IF I WEIGH OVER 176 LBS?

Research indicates that Plan B is less effective in people who weigh over 176 pounds, or who have a BMI >26. Some doctors recommend taking 2 pills instead of 1 if you are over 176 lbs.

IS IT SAFER?

Yes! Plan B is very safe.

HOW WILL I FEEL AFTER I TAKE PLAN B?

Most people don't feel anything after taking it. Some people feel nausea or a headache. It can also cause an irregular cycle (early or late period.)

PLAN B MUST BE TAKEN AS SOON AS POSSIBLE AFTER SEX.

Plan B does not decrease the likelihood of pregnancy once an egg has been fertilized. Plan B does nothing if you are already pregnant.

PLAN B IS A SHORT TERM SOLUTION.

Use condoms or consistent birth control to prevent future pregnancies after taking Plan B. Research indicates that Plan B is less effective in people who weigh over 176 pounds, or who have a BMI >26. Some doctors recommend taking 2 pills instead of 1 if you are over 176 lbs.

TAKE A PREGNANCY TEST 2 WEEKS AFTER YOU TAKE PLAN B.

I took Plan B on _____ (today's date) -----
If I haven't gotten my period yet, I will take a pregnancy test on _____ (two weeks from today)

A pregnancy test that tests your 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.

THE EASIEST WAY - OR - THE HARDER WAY

- | | |
|--|--|
| <p>2. Pee into a small cup.</p> <p>3. Insert the test strip into the cup of pee for 5-10 seconds (per instructions).</p> | <p>2. Take the test out of the package.</p> <p>3. Insert the test strip into the stream of your urine. DO NOT GET ANY OTHER PART OF THE TEST WET.</p> |
| <p>4. Wait 5 minutes.</p> | |
| <p>5. If there are two lines, the test is positive. If there is one line, the test is negative.</p> | |
| <p>6. Throw it away. The results aren't accurate once the test has been sitting for 10 minutes or more.</p> | |

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 TEXANS WANT TO BE PREGNANT...THEIR NEXT STEP IS GETTING PRENATAL 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 PRENATAL CARE EVEN IF YOU DO NOT HAVE INSURANCE:

People's Community Clinic
1101 Camino La Costa
512-478-4939 (Option 1, then Option 1)

Lone Star Circle of Care
Multiple locations in Central Texas
1-877-800-5722

Mama Sana Vibrant Woman (for families of color)
Offers prenatal midwifery care | 512-710-5729 | www.msvwatx.org

Luz de Atabay Midwifery Project
828 Gunter St, open Mondays
Call, text, or Whatsapp 512-969-2193

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

Mama Sana Vibrant Woman (for families of color)
Offers support circles and free resources
512-710-5729
www.msvwatx.org

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

Partners in Parenting Austin
512-829-1704
<https://www.pipaustin.org/>

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

Questions? Call or text Jane's Due Process at 866-999-5263.

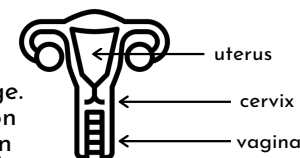
You can learn more about keeping your pregnancy or abortion private at digitaldefensefund.org/abortion-privacy.

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

Abortion is a safe procedure for ending a pregnancy. People have abortions for many different reasons. No matter why someone wants to end a pregnancy, their reason is enough. In Texas, abortion is currently banned due to a law that went into effect when the Supreme Court overturned Roe v Wade in June 2022. However, thousands of Texans are travelling to other states to have abortions at clinics. Having an abortion in another state is legal! Thousands of Texans are also ordering abortion pills online from activists who will mail pills into Texas despite the ban (projectsana.org).

WHAT IS AN ABORTION?

An abortion is a medical procedure that ends a pregnancy. People can have abortions with pills or have a procedure in a clinic. During an abortion with pills, the uterus cramps and expels the pregnancy through the cervix and the vagina, similar to a miscarriage. This takes a few hours and bleeding can continue for longer. Abortion pills are safe and effective through 12 weeks of pregnancy. During an in-clinic abortion, a doctor manually dilates the cervix and uses gentle suction to empty the uterus. The in-clinic abortion takes 5 to 10 minutes.



YOUR LOCAL PRE- OR POST-ABORTION SUPPORT CLINIC:

Austin Women's Health Center | 902 S I-35, Austin, 78704 | 512-443-2888

This clinic provides free or low-cost ultrasounds, pregnancy tests, referrals to abortion clinics out of state, and post-abortion care. They also offer miscarriage care, birth control, and regular gynecological exams.

YOUR LOCAL ABORTION FUNDS:

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

For a ride to Austin Women's Health Center: The Bridge Collective, 512-524-9822

For flights, hotel, gas money, and other assistance to travel to another state: Fund Texas Choice, 844-900-8908

UNDER 18?

Jane's Due Process can provide you with extra support. Call them at 866-999-5263.

HOW ARE TEXANS HAVING ABORTIONS DESPITE THE BAN?

People find clinics in other states at ineedana.com. Organizations like Fund Texas Choice and Lilith Fund help with travel costs and the costs of the abortion. In addition to travelling to other states, thousands of Texans are ordering pills online. Studies have shown that Texans have safely ended their pregnancies with abortion pills ordered from AidAccess.org (projectsana.org). Additional studies by plancpills.org have shown that pills ordered online are safe and effective through 12 weeks of pregnancy.

While abortion pills are safe and approved for use until 12 weeks of pregnancy, distributing them in Texas is still illegal. We are not advising anyone on the legality of getting an abortion outside a clinic. Some people have been arrested for using abortion pills that they ordered online (<https://www.ifwhenhow.org/abortion-criminalization-new-research/>). If people have any questions about the legal risk of having an abortion with pills from AidAccess.org or another online provider, they can call the Repro Legal Helpline at 844.868.2812 or go to reprolegalhelpline.org.