


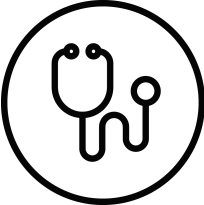



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| <p>Financial Support & Travel</p>  | <p>Resources are available for patients who need assistance affording or accessing abortion care.</p> <ul style="list-style-type: none"> • If you are uninsured, you may be eligible to receive financial assistance for your procedure from Virginia League of Planned Parenthood. You can confidentially find out if you qualify by calling us at 804-355-4358. • Blue Ridge Abortion Fund (BRAAF): 434-963-0669 Lines are open Monday & Wednesday 9am to 1pm • New River Abortion Access Fund (NRAAF): 540-553-8152 Open Wednesdays and Thursdays 9am to 4pm • Richmond Reproductive Freedom Project (RRFP): 888-847-1593 Lines are open on Tuesdays 9am to 2pm <p><i>Travel and Other Support</i> Please reach out to Virginia League Planned Parenthood Patient Navigation at 804.528.1316 or 804.533.0463. Leave a voicemail and your call will be returned.</p> |
| <p>Important Information</p>  | <p>Make sure to bring the following items to your appointment:</p> <ul style="list-style-type: none"> • Photo identification • Insurance card (if applicable) • Payment for your procedure • Book, headphones, charger - something for while you wait <p>What should I wear?</p> <ul style="list-style-type: none"> • Wear comfy pants • Underwear • Easy to take on and off shoes • Socks to help keep you warm • Avoid body suits <p>At times there may be protesters outside of the health center. We suggest you avoid interaction with them.</p> <p>Minors: you must bring a notarized consent form your appointment and the person who signed the consent must also come to your visit.</p> |

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| <p>Pre-Visit Information</p>  | <p>Can I eat prior to my visit? Yes! You may eat and drink on the day of your appointment.</p> <p>If you have asthma, bring an inhaler if you have one.</p> <p>Appointment times will vary. You should plan to be at the health center for 4 to 6 hours. It is recommended that alternate arrangements be made for the care of children or other dependents as this is only an estimate. We are unable to provide childcare at our health centers.</p> <p>You are welcome to bring someone to support you for your visit. They can attend most of your visit but there will be a time when they will be asked to stay in the waiting room. Space is limited in some rooms but we will accommodate your support where possible.</p> |
| <p>What To Expect During Your Visit</p>  | <p>Birth control and sexually transmitted infection (STI) testing services are available during your visit.</p> <p>There are various sedation options available to you:</p> <ul style="list-style-type: none"> • Local Anesthetic - numbing the area • Minimal Sedation - you can drive afterward • Moderate Sedation - you will need to have a ride home <p>If you use moderate sedation, you must have a ride home. You may not take an Uber or Lyft. Patients will have to wait at least 30 minutes after their procedure before they can be discharged.</p> <p>Doulas are available to provide support during the procedure (<i>at our Hamilton location</i>).</p> <p>Discharge instructions will be provided verbally and in writing after your visit.</p> |
| <p>After Your Visit</p>  | <p>If you need help after your appointment, see the numbers below:</p> <ul style="list-style-type: none"> • Medical Support: 757-828-3206 • Emotional Support Resources (<i>no cost and confidential</i>): <ul style="list-style-type: none"> ○ Exhale: 1-866-4-Exhale ○ All Options: 1-888-493-0092 ○ Richmond Doula Project: 804-464-7003 ○ SHARE: 1-800-821-6819 |