

**For your upcoming appointment:**

Bring a photo ID (driver's license or other government-issued ID, a school or workplace ID, or a passport), if you have one.

Planned Parenthood accepts most private and public insurance plans. Additionally, we offer financial assistance to cover the cost of care.

- If you are covered by Medicaid:
  - Bring your Medicaid Card as it will cover testing, birth control, and other services covered by Medicaid.
- If you are covered by commercial insurance and choose to use that insurance to cover the cost of services:
  - Bring proof of insurance to your appointment. We recommend contacting your insurance company directly to confirm your eligibility and benefits. You are welcome to call us in the afternoon the day before your appointment. We may have some benefit information available at that time. Co-pays are due at the time of your appointment.
- To learn more about financial assistance, call us at 1-800-230-7526.

**Please note that we do not provide childcare at our health centers.** If you bring your children to the health center, you must bring a friend or family member to watch your children in the waiting room during your appointment. Children cannot accompany you in the exam room.

**Pain Management Options** – During your visit can discuss with your provider which option is best for you.

**Local Anesthesia is available at all PPGNY procedural abortion centers.**

You will get numbing medicine around your cervix, the opening of the uterus, to help with cramping. You will be awake during your procedure and may see or hear what is going on in the room. You will feel pressure and cramping, which may be stronger than your typical period cramps, for a few minutes.

**IV Sedation is available at all PPGNY procedural abortion centers EXCEPT Ithaca and Corning.**

To help with pain and to relax, you will get medication through an IV and a numbing medication in your vagina. You will be awake but drowsy and you may not remember the procedure. The type of IV sedation offered varies by health center. You must have a responsible adult help you get home after home after your visit.

During your visit, a health care professional will ask you about your medical history and inform you of all your health care options. It is important that you provide the most up-to-date and accurate information to help ensure a safe and healthy experience.

After reviewing your medical history, a clinician will determine if it is safe for you to get a procedural abortion or sedation during your visit.

**Please follow these instructions for procedural abortion with sedation:**

1. You must have a responsible person accompany you home after the appointment.
2. You will be discharged from the center at least 4-6 hours after the start of your appointment.
3. If you are more than 16 weeks pregnant, do not eat or drink 8 hours before your scheduled appointment. You may have water up to 2 hours before your appointment.
4. If you are under 16 weeks pregnant, you may eat a light meal (bagel, fruit, cereal) before your appointment.

5. Take your daily medication(s) with a sip of water.
6. Wear comfortable clothing and underwear that can hold a pad.
7. For your safety, you must remove tongue piercings prior to the procedure.

**Please follow these instructions for procedural abortion without sedation:**

1. You will be discharged from the center at least 4-6 hours after the start of the appointment.
2. Take your daily medication(s).
3. You may eat a light meal (bagel, fruit, cereal) before your appointment.
4. Wear comfortable clothing and underwear that can hold a pad.

You may also wish to review the video below for more information about the procedure

[PPGNY In-Clinic Abortion Information](#)

[El Aborto en Clínica](#)

**If you have any questions, you may contact Planned Parenthood of Greater New York at 1-800-230-7526, Monday – Friday, 8 a.m. – 5 p.m.**