

I think I'm pregnant! What do I do?

You might be pregnant if some of these things are true:

- You missed a period or it was shorter or lighter
- You are very tired
- Your breasts hurt
- You are weeing a lot
- You are moody
- You don't like foods you usually like
- You feel sick or vomit - not just in the morning

To find out, you can:

- Get a pregnancy test from the chemist
- Come to Family Planning, or
- Visit your Doctor

Yes, I am pregnant!

You should talk to us at Family Planning Tasmania about your options.

No, I am not pregnant.

You should visit Family Planning Tasmania or your Doctor to find out how you can avoid pregnancy if you don't want a baby now.

If you are pregnant you can:

- become a parent
- place a baby for adoption
- have an abortion/termination

Some options are only possible in early pregnancy so it is important to talk to us as soon as possible.

Whatever you choose, we are here for you. Contact us today:

Hobart - 6273 9117 Launceston - 6343 4566 Burnie - 6431 7692



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