

YOUR PREGNANCY OPTIONS

Teens who become pregnant may be afraid to see a doctor, but it is extremely important for the safety of the mother and the unborn child. Your doctor should discuss all options with you regarding your pregnancy, including

- abortion,
- adoption or
- giving birth and raising the child yourself.

Birth control clinics and public health offices can provide counseling information to help you make the right choices for you and your baby.



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IF YOU HAVE QUESTIONS ABOUT BEING A WOMAN,
YOU CAN TALK WITH US FREELY

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Sexual life is a great thing beyond doubt, however, it might have many unpleasant, unwanted consequences. Now we describe you the most important possible consequences, so that you become aware of what we'd like to protect you from.

Sexually transmitted infections (STIs)

STIs are caused by many different viruses and bacteria that spread through sexual contact. Some examples are: trichomonas, chlamydia, crabs (pubic lice), genital herpes, gonorrhea, hepatitis B/C, HIV, and syphilis. Even if you're not sexually active now, it's vital to know how to protect yourself later.

Four key things you need to know about STIs

1. STIs can affect anyone - women and men of all ages and racial and ethnic backgrounds. Teens and young adults get STIs more often than any other age group. That means about one in four sexually active teens gets an STI.

2. You can get an STI by having any kind of sex, including vaginal, oral, anal, or any other kind of sexual contact.



3. Often, STIs cause no symptoms at first. Even if you have no symptoms, you can still pass an infection on to another person. If you get symptoms, they can seem like other problems that aren't STIs, such as yeast infections.

4. While some STIs can be treated and will go away, others can't be cured. If untreated, some STIs can lead to pelvic inflammatory disease, infertility, cancer of the cervix, or even death. If you think you have a problem, see your doctor right away and he/she can start taking care of you right away.

Protect yourself from STIs

- You can't get an STI if you do not have sex of any kind or close sexual contact with someone.
- Condoms can't protect you from all STIs. But, if used correctly and used all the time, condoms will lower your chances of getting some STIs.
- Talk to your doctor to help you make wise choices.

How do I know if you have an STI?

You should see a doctor right away if you have lower stomach pain or have vaginal discharge (fluid) that is yellow, gray, or green with a strong smell. This is normal, when the vaginal discharge between periods is clear or whitish and they normally have sour milk smell.

EMERGENCY CONTRACEPTION

If you realize that you made any “mistakes” in the use of continuous contraceptive methods (condom breakage, missing two or more birth control pills, etc.) and you want to correct it you should use emergency contraception as soon as possible after the sexual intercourse. Since it is the only way to prevent an unwanted pregnancy after unprotected sexual intercourse. That is why this is also called the “emergency” contraception.

This method prevents pregnancy only if pregnancy has not yet occurred. An emergency contraceptive pill should be taken no more than 72 hours after sexual contact. It reduces the chance of pregnancy by 75-92%. Frequent use of this method is not recommended*.

* Your gynaecologist will tell you the exact name of the drug while giving you the prescription. Remember that hormonal contraceptives can only be prescribed by a doctor, and the sale of these products in pharmacies without a prescription is a violation of the law.

ABORTION – What's wrong with it?

Abortion is “the final solution” using medicine or a surgical procedure, so there are some things you should definitely know about it. The most important is: **abortion is not healthy. It is not the right choice at all for a smart girl!**

Most often, the women who end up having abortions are those who did not think ahead! And the impact on the life of each woman who undergoes this procedure is even more important, and it can be very sad indeed...

REMEMBER!

Induced abortion is fundamentally contrary to the deepest instincts of motherhood, and for this reason the decision to go ahead with an abortion often results in severe psychological trauma. Hence, depression and sometimes even more serious disorders can occur. So, let's AVOID abortions!

If abortion is unavoidable

Your doctor will help you to preserve the health of your reproductive system. Even when the decision has been made to go ahead, it's worth thinking it over again. Remember that a medication-induced abortion can only be performed within 63 days of the END of the last menstrual period. In some medical institutions, the terms are even stricter – up to 42 days, so don't delay!

Another important point is REHABILITATION after an abortion. The doctor will give you all the necessary recommendations, including prescribing hormonal contraceptive pills, which is COMPULSORY, as the main goal is to safeguard and restore all your physical functions required for FUTURE HEALTHY MOTHERHOOD.



TEEN PREGNANCY

– in case it occurs

The signs

Missing one or more menstrual periods is the classic sign of pregnancy. But this can be tricky for teenage girls, whose periods aren't yet regular. It can also be tricky for girls whose cycles are off as a result of excessive dieting or exercise, low body fat from sports, or anorexia.

The full list of pregnancy signs includes:

- A missed menstrual period
- Nausea or vomiting - called "morning sickness," though it can happen throughout the day
- Sudden, intense aversion to certain foods, especially meats or fatty, fried foods
- Sore nipples or breasts
- Unusual fatigue
- Frequent urination
- Unusual mood swings



Of course, a positive pregnancy test is another sign of pregnancy.

Today's home pregnancy tests are generally considered accurate. These simple kits can be bought over the counter in drugstores.

HOW IS PREGNANCY DIAGNOSED?

Most supermarkets and drugstores sell home pregnancy tests. These tests are designed to detect pregnancy hormones in your urine. They are most accurate if you use them more than a week after your missed period. If a home pregnancy test indicates you're not pregnant, wait a week, and take another test to make sure. If a home test shows you are pregnant, you need to make an appointment with your doctor to confirm your pregnancy.

If you are a teenager who is pregnant, here is how to ensure a healthy teen pregnancy:

- **Get early prenatal care.** Call your doctor for your first prenatal visit as soon as you think you might be pregnant. If you can't afford to see a doctor, you must contact the children gynecology at children's polyclinics or you can ask for gynecologists in women's clinics.
- **Stay away from alcohol, drugs, and cigarettes.** These harm a growing embryo even more than they harm a growing teenager. If you're not able to quit by yourself, ask for help from someone you trust.
- **Take a prenatal vitamin** with at least 0.4 mg of folic acid every day to help prevent birth defects.

Ask for emotional support. Motherhood brings untold emotional and practical challenges - especially for teens still in school. Reach out to others - your friends, family, the baby's father - for emotional and practical support.