

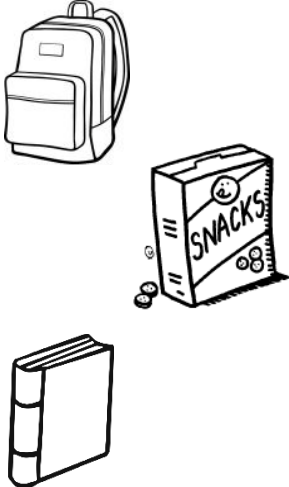






# ALLEGHENY

Reproductive Health Center

## Preparing for your Abortion Appointment

Once you enter the building for your appointment, you will not be permitted to leave the building until your appointment is over. If you decide to leave the building, you will have to return on another day to complete the appointment. **Guests are not allowed in the building.** Please expect to be in the clinic for up to 6-8 hours.

<p><b>Pre-appointment eating and drinking restrictions</b></p>	<p>If you are completing your abortion procedure with sedation, you must fast before your appointment.</p> <p>You should not eat anything starting 8 hours prior to your appointment. You can continue to drink clear liquids up to 2 hours prior to your appointment. We encourage you to drink water, Gatorade/Powerade/Pedialyte, clear juices or other clear liquids up to 2 hours before your appointment to stay hydrated.</p> <p><a href="#">Here's a chart</a> to help you calculate the time that you should stop eating and drinking before your appointment.</p>
<p><b>What to bring</b></p> 	<ol style="list-style-type: none"><li>1. <b>Photo ID</b>—Your photo ID must include your date of birth and the exact name that you made your appointment under.</li><li>2. <b>Snacks</b>—You will be with us most of the day, so bring snacks. <b>If you are having a sedated procedure, you must wait until after your procedure to have snacks and drinks.</b> We have water, tea and light snacks available as well as a snack vending machine. You are welcome to order food to be delivered to the clinic through delivery services like UberEats and DoorDash.</li><li>3. <b>Something to do</b>—There will be waiting time during your visit, so bring something to do during that time, such as a book to read or movie to watch. We have wifi available in our waiting areas.</li><li>4. <b>Payment</b>—We accept payment in the form of cash or a credit or debit card in the patient's name or Tap to Pay with a smartphone. Payment is collected at the start of the appointment.</li></ol>
<p><b>What to wear</b></p> 	<p>We recommend wearing comfortable clothes, including bottoms and shoes that are easy to take off and put back on. Wear a full underwear that can support a pad and dress in layers so you don't feel too hot or cold.</p>

<p><b>Parking</b></p> 	<p>Our address is 5910 Kirkwood Street, Pittsburgh, PA 15206. We do not have a parking lot. Do not park in the leased lot across the street—you may be towed.</p> <p><b>Scan this QR code for parking instructions!</b></p> 
<p><b>Security</b></p> 	<p><b>Security:</b> ✓ Cell phones ✗ Taking videos or photos ✗ Weapons (pocket knives, mace)</p> <p>We allow cell phones in the clinic. However, you should not take pictures or record anything in the clinic for the safety and privacy of patients and staff. If you do not comply with this policy, you will be asked to leave. No weapons, including pocket knives or mace, are allowed inside.</p>
<p><b>Protesters</b></p>	<p>There may be protesters standing outside of our clinic on the day of your appointment. If someone is driving you, they can drop you off right in front of our entrance. As you are walking in, the protesters may approach you and try to talk to you, but they are not allowed to touch you. <b>We recommend listening to music with earbuds or headphones on your walk into the clinic so that you can more easily ignore the protesters.</b> On some days, you will also see escorts wearing brightly colored vests—they will help you to enter the clinic as quickly as possible.</p>