

# KNOW YOUR RIGHTS: SEEKING MEDICAL CARE AFTER A MISCARRIAGE OR ABORTION



if  
when  
how

## Do I need medical attention after an abortion or miscarriage?

Most people do not need follow up care immediately after a miscarriage or abortion in the first trimester (up until 12 weeks of pregnancy). Miscarriages or abortions after the first trimester may not need follow up care either. If you are unsure if you need medical attention after a pregnancy loss, call or text the [M+A Hotline](#) at **1-833-246-2632** to have a free and confidential conversation with a healthcare provider. You can learn more by going to The American College of Obstetricians and Gynecologists's article on [when to contact a health care provider after an abortion](#), Dr. Ghazaleh Moayed's articles on [what to expect in the days](#) or [weeks after an abortion](#), or Healthline's article on [what to expect during a miscarriage](#).

## I had abortion or miscarriage and think I need to see a health care provider. What do I need to tell them?



You only need to share what you feel comfortable sharing. There is no law that says you have to tell a health care provider anything. A health care provider only needs to know that you were pregnant and what symptoms (like cramping or bleeding) you are experiencing. Health care providers might ask questions that you feel scared or nervous to answer, especially if you are under the age of 18 and worried the provider may tell your parents. If you have questions about your specific situation and where you can get safe follow-up care, or what is important to share with a provider, contact the [Repro Legal Helpline](#) at **844-868-2812** or [reprolegalhelpline.org](#) for free and confidential legal services.

## Will my health care provider know I had an abortion even if I don't tell them?

Abortion is pregnancy loss. Miscarriage is also pregnancy loss. You can use words with your health care provider that feel right for you. If you put abortion pills between your gums and cheek or under your tongue, health care providers can't tell that you used these pills to end a pregnancy. There is no widely available test for abortion pills. These pills are also the same ones that health care providers use to help someone pass or complete a miscarriage. If you have a procedural abortion, there is no physical evidence of the procedure.

Sometimes health care providers can see your medical records from another hospital or clinic, and those records could show that you had an abortion in the past. Abortions are health care. And if a health care provider asks you questions about prior abortions that make you feel uncomfortable, you do not have to answer those questions or justify the decisions you made.

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## Can I get into trouble if I confirmed my pregnancy with my health care provider or a hospital?

It is not a crime to be pregnant in any state. A pregnancy confirmation does not tell anyone anything about your health or medical history other than you were pregnant on a specific date. If you go back to the same health care provider after an abortion or miscarriage, they will only know that you are no longer pregnant. They will only know how a pregnancy ended if you tell them or if a past abortion is in your medical records. You do not have to answer any questions about a past abortion either.

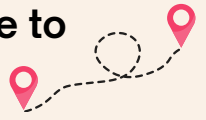
## Can my health care provider tell anyone else that I had an abortion?



HIPAA is a law that says doctors and other health care providers must keep your medical information private unless you agree to share it. There may also be other reasons that health care providers are allowed to share your information, for example, if they think you might try to hurt yourself or someone else. They do NOT have to tell the police if someone has an abortion, but we know some choose to anyway.

If you think your health care provider has told or might tell someone about your abortion, call the [Repro Legal Helpline](https://reprolegalhelpline.org) at **844-868-2812**.

## Can I go to a different state to have an abortion?



Yes. You have the right to travel to another state to get the medical care you need, including an abortion. But the laws in every state are different and can depend on your age. There may be other reasons that make traveling difficult for you. To learn more about the abortion laws in every state and how they may affect you, including if you are under 18 years old, call the [Repro Legal Helpline](https://reprolegalhelpline.org) at **844-868-2812**.

## What if my health care provider already told someone else about my abortion?

If your health care provider contacts the police or Child Protective Services about your abortion or miscarriage, call the [Repro Legal Helpline](https://reprolegalhelpline.org) at **844-868-2812** immediately. You do not have to talk to the police without a lawyer. Talking to a lawyer before you talk to the police or Child Protective Services can help protect your rights.

**Disclaimer: This information is not legal or medical advice. For legal questions, contact [reprolegalhelpline.org](https://reprolegalhelpline.org). For medical questions about miscarriage or abortion, contact the M+A Hotline at [mahotline.org](https://mahotline.org).**