



Pregnancy



Additional Physical Safety:

- If your home has stairs, try to **stay on the first floor** during arguments.
- If your partner becomes violent, try to **cover your stomach**.
- If you experience a **miscarriage** because of an assault, try to get **medical documentation** from your doctor or emergency room in case you choose to prosecute in the future.

If You Are Preparing to Leave:

- Consider **talking to your healthcare provider** about your plan to leave.
- If your partner goes with you to the doctor, try to find a time when they are out of the room to ask your nurse, doctor, or receptionist to come up with an **excuse to talk to you alone**.
- **Pass a note** to your nurse or doctor during the urine sample portion of the appointment.
- Take a **women-only prenatal class** so you can safely discuss pregnancy concerns or talk to the instructor alone.

After You Have Left:

- **Reschedule any appointments** that your partner might know about so they cannot find you at the doctor's office.
- Ask your doctor, nurse, or receptionist to set up a **password on your medical account** so your partner cannot call the doctor's office requesting information about you, the baby, or any upcoming appointments.
- Tell your doctor's office **not to share any information** about you with anyone.