

## **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.

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