"Would you like to become pregnant in the next year?"

By asking the ONE KEY QUESTION®, health care providers can support the needs of all reproductive-age women whether they want to become pregnant or prevent a pregnancy.

For more information on both birth control and preparing for pregnancy, visit www.onekeyquestion.org

The ONE KEY QUESTION INITIATIVE is endorsed by: Nurse Practitioners of Oregon, Oregon Nurses Association, Oregon Medical Association, Oregon Academy of Family Physicians, and Oregon Obstetricians and Gynecologists. For the complete list of endorsers, please go to www.onekeyquestion.org.

Oregon Foundation for Reproductive Health is a 501 (c) (3) non-profit organization dedicated to improving access to comprehensive reproductive health care, including preventing unintended pregnancy, planning healthy families, and preventing sexually transmitted infections.

To learn about ONE KEY QUESTION, contact:
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We are committed to advancing reproductive rights and promoting reproductive health equity in all Oregon communities.

Whether your answer is YES, I’M OK EITHER WAY, I DON’T KNOW, OR NO, find out what you need to know...
Questions to ask yourself:

Is now the right time for a pregnancy?

Do you have the resources you need?

Whether or not you want to become pregnant, talk to your health care provider to get pregnant following the above recommendations will ensure the best health outcome. For you and for your pregnancy if it does happen.

Birth control should fit your needs and should be easy to use. Precautionary methods are available. Make sure you are using a method that works for you.

Many birth control methods are available, including reversible methods that are very safe for most women and are not using birth control pill, you have an 85% chance of getting pregnant if you are sexually active with a partner who is not using contraception. Birth control is very safe for most women.

You have an 85% chance of getting pregnant if you are sexually active with a partner who is not using contraception. Birth control is very safe for most women.

Even if you are not actively trying to get pregnant following this advice, any sexual activity can result in pregnancy. Get a dental checkup.

Avoid all over-the-counter medications (including herbal and high dose vitamins) unless approved by your health care provider.

If you use prescription medications, check with your health care provider to see if they are safe for use in pregnancy.

START taking 400 mcg of folic acid or a prenatal vitamin daily.

STOP smoking and drinking alcohol.

Eat healthy food, including lots of vegetables.

Get screened for infections and make sure your immunizations are up to date, especially tetanus, pertussis, and rubella.

Get a dental checkup.

Exercise every day.

Talk to your health care provider about all your birth control choices.

Emergency Contraception pills are available without a prescription. If your main birth control method fails, it is a second chance to prevent pregnancy after unprotected sex.

Our goal: pregnancies that are wanted, planned, and as healthy as possible.