

Be **WELL** cared for with easy to schedule intimate healthcare appointments.

Planned Parenthood offers a wide range of sexual and reproductive healthcare at our health centers and via convenient telemedicine appointments. Book online or by phone for same-day, next-day or the day that works best for your schedule. Here are just a few of the exams and services we provide:

ANNUAL EXAM

An annual wellness exam gives you the chance to ask our caring staff questions or discuss your sexual health. No question or concern is off limits. This is a great time to check in about your birth control plan, period symptoms, sex, and vaginal and urinary tract health. Your annual exam may also include:

PELVIC EXAM

Usually beginning at age 21, a pelvic exam becomes a regular part of your wellness visit. During a pelvic exam, a doctor or nurse gently examines your internal reproductive organs – including your vagina, cervix, ovaries, fallopian tubes and uterus. It only takes a few minutes, and it can save your life.

PAP SMEAR

Pap smears screen for abnormal cells on your cervix that could lead to cervical cancer. But don't worry, getting one done routinely greatly increases your chance of detecting cervical cancer early and when it is most treatable.

BREAST EXAMS

During a clinical breast exam, your doctor will examine your breasts and surrounding tissues to feel for lumps or any other concerns. If you are due for an annual mammogram or if your clinician finds anything unusual during your breast exam, we will refer you to a local radiological center for a mammogram.

Depending on your healthcare needs, you can also schedule appointments at Planned Parenthood for specific services, including:

WELL & WISE
BREAST EXAM
PELVIC EXAM
ANNUAL EXAM
BIRTH CONTROL
STI TESTS
HPV TEST
PAP SMEAR

Your **wellness** is in everything we do.



BIRTH CONTROL

There are lots of different birth control methods that work in different ways. Our providers will discuss the most up-to-date, medically accurate information about birth control options and help you get the method that's best for you. Emergency contraception options are also available at Planned Parenthood health centers if you've had unprotected sex in the past 72 hours.

STI TESTS, TREATMENT, AND PREVENTION

Anybody who has oral, anal, or vaginal sex—or genital skin-to-skin contact with another person—can get STIs (sexually transmitted infections). STIs don't usually have any symptoms, so the only way to know for sure if you or a partner has an STI is to get tested. Remember, all STIs are treatable, and most can be completely cured with medication. Planned Parenthood also offers HPV vaccines and PrEP and PEP medication to help prevent HIV transmission.

UTI AND VAGINAL INFECTION CARE

Rapid care for these uncomfortable infections is available at Planned Parenthood. You can skip an appointment in most cases by using the Planned Parenthood Direct app and having medication available at your local pharmacy within hours. Sometimes our providers will have you come into a health center or consult via a telemedicine appointment to confirm your condition and ensure your treatment is successful.

PREGNANCY TESTING AND OPTIONS

Planned Parenthood offers pregnancy testing and options counseling at all our health centers. Whether you choose to continue your pregnancy or need information about abortion or adoption services, Planned Parenthood is here for you. Abortion is currently banned in nearly all circumstances in Texas. For more information on abortion services, please visit abortionfinder.org.

GENDER AFFIRMING HORMONE THERAPY

Transgender patients are welcome at Planned Parenthood for any reproductive and sexual healthcare services. We are also proud to offer gender affirming hormone therapy at many of our locations, including telemedicine appointments for patients who are not within convenient travel distance to our health centers. For more information or to make an appointment, visit ppgreatertx.org/transgendercare.



Planned Parenthood of Greater Texas