

Be **WELL**-cared for with easy-to-schedule, intimate health care appointments.

Planned Parenthood offers a wide range of sexual and reproductive health care services. Book an appointment online or by phone for same-day, next day, or a day that works best for your schedule. Here are just a few of the 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 some of the other services listed here:

PAP TEST

Pap tests screen for abnormal cells on your cervix that could lead to cervical cancer. Your doctor or nurse will gently collect cells from your cervix to be tested in a lab. Pap tests help detect abnormal cells to be treated BEFORE they can become cancer.

BREAST EXAMS

Breast exams improve the chances of finding breast cancer early, and the earlier it's found, the earlier it can be treated. During an exam, your doctor or nurse will feel for lumps or any other irregularities in your breasts and surrounding tissues. If you're due for an annual mammogram or your clinician finds anything unusual, we will refer you for additional testing.

BIRTH CONTROL

There are lots of different birth control methods that work in different ways. Our providers will discuss your needs and give you all the information to find the best option for your lifestyle – whether it's the pill, an IUD, implant, patch, ring, shot, or something else. We also offer permanent birth control options, like a vasectomy, or emergency contraception if you've had unprotected sex in the past 72 hours.

WELL & WISE
STI TESTS
BIRTH CONTROL
ANNUAL EXAM
UTI TREATMENT
PAP TEST
CANCER SCREENINGS
BREAST EXAM

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

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 infection.

UTI TREATMENT

A urinary tract infection, or UTI, can cause uncomfortable symptoms like frequent urination or pain or burning when you pee. It's important to see a provider as soon as you suspect you might have a UTI, because it could spread and cause a more serious kidney infection if left untreated. Luckily, treatment is usually easy and involves taking antibiotics, and Planned Parenthood can provide rapid care for these problem visits.

PREGNANCY TESTING AND OPTIONS

Planned Parenthood offers pregnancy testing, options counseling, and patient navigation. Whether you choose to continue your pregnancy or need information about abortion or adoption services, we are here for you. Abortion is currently banned in nearly all circumstances in Texas and Louisiana, but we can help you get the accurate information you need and help you find care in another state if you choose. For more information, visit ppgulfcoast.org/abortionhelp.

GENDER-AFFIRMING HORMONE THERAPY

Transgender, nonbinary, and gender-nonconforming patients are welcome at Planned Parenthood for any reproductive and sexual health care services. We are also proud to offer gender-affirming hormone therapy for patients over 18 in several locations and virtually via telehealth for patients who live far from a health center or prefer to talk with a provider from the privacy of their own home.

Book your appointment today
at ppgulfcoast.org/wellness



**Planned
Parenthood**
Care. No matter what.

Planned Parenthood Gulf Coast