



Abortion Services

Dr. Amy Cousins performs abortions up to 13 weeks from the first day of the last normal period (LMP), using the vacuum aspiration method, which is the safest, most common method of first trimester pregnancy termination. Early abortions, (under 8 weeks) are available in her office with vacuum aspiration or by using the Mifeprex™ abortion pill.

All patients are given a local anesthetic and medication to minimize discomfort. Sedation with oral or IV medications are offered at no extra charge, but general anesthesia is not available. Most patients do well with the help of our supportive staff and pain management medications. Patients requesting sedation must have a ride home.

By New York State law, any woman may request an abortion without the consent of parents, guardian, or spouse. There is no age requirement or waiting period.

Abortion with a Pill

Early abortions using Mifeprex™, followed with misoprostol (Cytotec), are available up to 8 weeks LMP at Dr. Cousins' office. There are some additional concerns with medication abortion and each situation will be reviewed for the suitability of this method. For more information please call or visit our website, www.AmyCousinsMD.com or the educational materials at www.pregnancyoptions.info (Which Method is Right for Me).

Aftercare

All patients are given a preventative dose of an antibiotic and a medication to control bleeding. A detailed aftercare brochure is given to each patient (it's also on the website). Dr. Cousins maintains a 24 hour telephone service for any post abortion problems.

Dr. Cousins requests that each patient return for a follow-up exam within 3 weeks after her abortion. This visit is provided without charge for 6 weeks after the procedure, and includes a pelvic exam, pregnancy test, ultrasound, if indicated, and a review of the patient's birth control plan. Follow-up care can also be arranged at local clinics or private doctors.

Patient Medical Information

We ask that all patients have a pregnancy test (home tests are OK) before calling for an appointment. Important medical conditions to bring to our attention include heart problems or surgery, seizure disorders, asthma, diabetes, current infections or STD's, bleeding/clotting problems, hepatitis, and allergies to medications. Please inform us of any condition that would affect outpatient surgery under local anesthetic. Dr. Cousins is happy to consult on the appropriateness of the referral of a patient with complicated medical conditions. Medical clearance from your personal physician may sometimes be requested.

Patients should plan to stay at the office about 4 hours, although the abortion itself usually takes 5 minutes or less. Patients are encouraged to bring one friend or relative with them to drive home, but we request that you do not bring children. You may have something light (no fast food) to eat an hour or more before your appointment. Other suggestions: shower or bathe in the morning; bring maxi-pads, wear comfortable clothing; bring a book or something to do while waiting. The office has wireless internet access.

Pregnancy Testing and Ultrasounds

Free pregnancy testing is available weekdays 9:30 am to 4:30 pm and Saturdays from 10 am to 2 pm on a walk in basis. Please call for the most convenient times with the least amount of waiting.

Ultrasounds to determine gestational size are available most weekdays, by appointment. Dr. Cousins' office cannot provide diagnostic ultrasounds.

Confidentiality

Dr. Cousins and her staff are pledged to provide the greatest confidentiality possible. Consequently, we do not confirm appointments over the phone. A signed statement is required for the release of records. We do require a phone number if we need to cancel an appointment for any reason or for medical follow-up. A contact number or special instructions for calling are accepted. A copy of our HIPAA policy on who can obtain records is available at our office.

Counseling

We recognize that a pregnancy decision can be complicated and emotionally stressful. Therefore, we support good decision-making with a free counseling/education session. All patients have the opportunity to speak to a staff person on the day of the procedure and a session is required to obtain informed consent. For patients experiencing considerable ambivalence or difficulty with the decision we encourage a counseling session before the abortion appointment, either at our office, by phone, or at a facility nearer the patient's home. We also offer copies of the Pregnancy Options Workbook.

Patients are encouraged to share any history of sexual abuse/assault, domestic violence, substance abuse, and emotional or psychiatric problems. We want each woman to feel as comfortable as possible; confidentiality is assured.

Birth Control

Dr. Cousins can provide all of the latest birth control methods for her patients, including birth control pills, "the patch," the "ring," as well as IUD's such as Mirena and Paragard, the 3 month "shot" as well as such barrier methods as the diaphragm and cervical caps. Dr. Cousins can provide referrals for male and female sterilizations.

Well Woman Care

Susan Seibold-Simpson, RN, MPH, CFNP, in collaboration with Dr. Cousins, provides well woman care for a limited number of patients. Preventative health care, family planning, management of uncomplicated vaginal or cervical infections, including HPV, are provided with an emphasis on comfort, communication, and education. Ms. Seibold-Simpson is particularly attuned to patients entering menopause, those who are lesbian/bisexual, or who prefer extra time and care. Surgeries, colposcopies, biopsies, and breast problems will be referred to local specialists. Confidential STD testing is offered. Fees are reasonable and many, but not all, insurance plans are accepted.

Fees and Payment

Our basic fee includes lab work, counseling, choice of sedation, medications, birth control information, and a follow-up exam. For patients 12 weeks or more, there will be an additional charge. The medical abortion fee includes the cost of medications and surgical intervention at this office if needed. For those patients whose blood type is Rh negative and require Rhogam, there is an additional fee of \$30.

Please call for an estimate of the fee you can expect. Dr. Cousins accepts many insurance plans with pre-verification as well as NYS Medicaid. A discount is available to women with the Pennsylvania Medical Card. Cash, money orders, and most credit cards are accepted as payment. Personal checks are not. Fees are expected to be paid in full at the time of the appointment. We cooperate with the National Network of Abortion Funds (www.nnaf.org) for those in financial need. Please consult with us if you are having a problem.

Appointments and Assistance

Dr. Cousins currently performs abortions three days a week. Call any weekday 9 am – 5pm or Saturdays 10 am to 2 pm to arrange an appointment. Dr. Cousins' practice is managed by BEZ Services, LLC, an employee owned company. Director Peg Johnston, Administrator Alex Aitken and other knowledgeable, experienced staff are available to answer questions and accept referrals.



149 Vestal Parkway West
PO Box 642
Vestal NY 13851

Near Binghamton, NY at the
Intersection of Routes 81 and 17/84

Directions to Dr. Cousins' Office

From the South: (Scranton area) take Route 81 North to Binghamton, then follow Route 17 West.

From the North: (Syracuse, Cortland, and the North Country) follow Route 81 South to Binghamton and follow Route 17 West.

From the East: follow Route 17 West (note that Routes 81 and 17 West merge for a while near Binghamton)

From the Northeast: (Oneonta, Delhi) take Route 88W to 81S to 17 West. From Norwich, Utica, use Route 12 to 81 S to 17W. The turn off for 17 West says "Elmira," though we are a short distance in Vestal.

From the West: (Elmira or Sayre) take 17 East to Exit 67 S Vestal. From Ithaca, take 96B to Owego, then 17 East as above.

ALL: Take 17 to Exit 67 South Vestal, then follow the sign that says Vestal Rte. 434 (which is the Vestal Parkway). At the end of the exit ramp turn LEFT and stay in the left hand lane and take a left at the second light at Main St. (Valvoline Instant Oil Change on one corner and Vestal town park on the other). Take an IMMEDIATE right onto Front St. so that the little park is on your right. Our parking lot is the first one on the right and we share it with several offices including Southern Tier Physical Therapy. Our building is opposite, a brick and tan building with a sign that says "Amy Cousins, MD."

By Bus/Cab: The Greyhound and Shortline bus stations are both in downtown Binghamton. Take a cab to 149 Vestal Parkway West. The local bus 47 stops a few blocks from our office; ask the driver for the stop nearest the "Four Corners."

Detailed directions can be found at our website or by calling 1-800-676-9011 or on the afterhours recording at (607) 785-3429.

Original collage art by Ada Stallman

Referral Information for The Office of Amy R. Cousins MD

Aphrodite Medical PLLC



**Abortion Services
Medical Abortion
Pregnancy Testing
Ultrasounds
Birth Control
Well Woman Care**

(607) 785-4171
FAX: 785-3915
1-800-676-9011

www.AmyCousinsMD.com

Caring Female Staff