treatment of STIs will depend on... and make the exam more comfortable since the hairs typically need to be pulled. Following the general examination, a pelvic exam will be done on female victims. The exam for male victims will be similar to the one for female victims, except for the vaginal examination. For females, the pelvic exam will be almost identical to the exam you have probably received from your own doctor. If you have never had a pelvic exam, be sure to tell the doctor or SANE. You will be asked to lie flat on the examining table and place your legs in metal foot rests with your knees apart. You will be asked to slide to the edge of the examining table. A speculum will be inserted to help the nurse or doctor take a slide to the edge of the examining table. A speculum will be inserted to help the nurse or doctor take a slide to the edge of the examining table. All girls will have a pelvic exam, be sure to tell the doctor or SANE. You will be asked to lie flat on the examining table and place your legs in metal foot rests with your knees apart. You will be asked to slide to the edge of the examining table. A speculum will be inserted to help the nurse or doctor take a slide to the edge of the examining table. A speculum will be inserted to help the nurse or doctor take a.

Try to relax your stomach and back muscles and breathe slowly and deeply through your mouth. This will help you to relax your muscles and make the exam more comfortable.

Follow-up treatment:

Your follow-up appointment should be made 6 weeks after your emergency room examination. This appointment is necessary for taking a sexually transmitted disease test and/or another pregnancy test. This follow-up appointment can be made with your personal doctor, a women's clinic or a free clinic, as well as a hospital, but it must be made to insure that you receive the appropriate medical treatment.

Emergency Contraception

Emergency contraception, more commonly known as the "morning-after pill," is a safe and effective medication for the prevention of pregnancy after unprotected intercourse or rape. Sold under the brand names of Plan B and Preven, it is a high dose of the standard birth control pill. Emergency contraception dramatically reduces the chances of getting pregnant following a sexual assault. The use of emergency contraception reduces the chances of pregnancy by 75 to 89 percent if taken within the first 72 hours after an assault. But timing is important, the sooner emergency contraceptives are administered the more likely they are to prevent a pregnancy. The emergency contraceptive pills are given in two doses, 12 hours apart. The number of pills in a dose depends on the brand, but you should always be sure to use the same brand for both doses. Side effects include nausea and vomiting, but usually taper off within one or two days after the second dose has been taken. The risk of nausea and vomiting is lower with the progesterone-only pill (Plan B). Texas hospitals should provide you with an information sheet that includes information about emergency contraception. The hospital may or may not be willing to provide emergency contraception. As an alternative, they may provide you with a prescription to be filled outside the hospital or a referral to another physician who will write you the prescription. You need to ask specifically for emergency contraception if it is something you want. You may also call a confidential hotline which maintains a list of emergency contraception providers across the country: Toll-free hotline: 1-888-NOT-2-LATE Website: www.not-2-late.com

Who can help me?

Sexual assault crisis centers provide 24-hour support, counseling, information and referrals for sexual assault survivors as well as for their family and friends. Trained counselors help survivors of rape and battering deal with their feelings, make decisions about medical and legal matters and obtain needed follow-up care. Advocates are available to accompany a survivor to the hospital, to law enforcement agencies and to court. All services are free and confidential.

Abilene - Regional Crime Victim Center
325-677-7895 www.regionalcrime.org

Alpine - Family Crisis Center of the Big Bend
800-834-0654

Amarillo - Family Support Services
806-374-5433 www.fss-ama.org

Angleton - Women’s Center of Brazoria Co., Inc.
800-243-5788 or 281-585-0902

Austin - SafePlace
512-267-7233 www.safeplace.org

Bastrop - Bastrop County Women’s Shelter, dba Family Crisis Center
888-311-7755 www.family-crisis-center.org

Bay City - Matagorda County Women’s Crisis Center
979-245-9299 or 800-451-9235

Baytown - New Horizon Family Center
281-422-2292 www.newhorizonfamilycenter.org

Beaumont - Rape & Suicide Crisis of Southeast Texas, Inc.
800-793-2273 crisis@rapesuicide.org

Big Spring - Rape Crisis Victim Services of Big Spring
432-263-3312

Bonham - Fannin County Family Crisis Center
903-583-7000 bwfcfcc@verizon.net

Borger - Hutchinson County Crisis Center, Inc.
806-273-2313

Brady - Family Shelter of McCulloch County, Inc.
325-597-7644

Brownsville - Friendship of Women, Inc.
956-544-7412

Brownwood - The Ark
325-643-2699 or 888-313-2699 www.arkshield.org

Bryan - Sexual Assault Resource Center
979-731-1000 www.rapecrisisbv.org

Carrizo Springs - Wintergarden Women’s Shelter, Inc.
800-363-9441

Claremore - Johnson County Family Crisis Center
800-848-3206 familycrisiscenterofjohnsoncounty.org

Dallas - The Family Place

Dallas - Victim Intervention Program / Rape Crisis Center
214-900-0430 rip@rapecrisis.org

Denton - Denton County Friends of the Family, Inc.
940-382-7273 www.dcflof.org

Dumas - Safe Place, Inc.
806-935-2828 www.safeplaceinc.org

Eastland - Crime Victim Assistance Center
254-629-3229 or 888-686-3222

El Paso - STARS Rape Crisis Center of El Paso
915-779-1800 www.stars-elpaso.org

Fort Worth - The Women’s Center of Tarrant County
817-927-2737 www.womenscentertc.org

Gainesville - Abigail’s Arms - Cooke County Family Crisis Center
940-665-2873 www.abigailsarms.org

Galveston - Resource and Crisis Center of Galveston County
888-919-7233 www.rczgc.org

Greenville - Crisis Center of Northeast Texas
903-454-9999 www.conetx.org

Harlingen - Family Crisis Center, Inc.
956-423-9306 www.familycrisis.org

Hempstead - Focusing Families
979-620-0000 focusing-families.org

Hondo - Southwest Family Life Centers, Inc.
830-426-5131

Women's Crisis Center of Johnson County
888-311-7755 www.familycrisiscenterofjohnsoncounty.org
What will the exam be like?

Before beginning the exam you will be asked to sign a consent form allowing medical evidence to be collected and then turned over to law enforcement. Medical evidence will not be collected if you do not sign the form. If you need help in filling out the form or have any questions, be sure to ask someone.

Now the doctor or a nurse specifically trained in sexual assault examination (sexual assault nurse examiner or SANE) will tell you about the exam and what to expect. They should also tell you that it is your right, and the law, to have a support person present during the exam if you desire.

After you have talked about the exam they will ask you to give a brief description of the assault so they will know how to look for injuries and evidence.

Now the doctor or nurse will listen to your heart and lungs, press on your abdomen and back, examine your chest, and check for general signs of injury. If you have any areas of pain, soreness, or discomfort, be sure to mention them to the doctor or at this time. Marks and bruises should be noted on your medical chart.

You will then be asked to remove your clothing while you stand over a large piece of paper. The piece of paper is to catch evidence (loose hairs, debris, etc.) that may fall from your clothes. The nurse will help you put each piece of clothing into separate paper bags. The paper bags will be taken to be used as evidence. The nurse should put these items in separate paper bags. The paper bags will be sealed and given to the police.

You will most likely not receive your clothes back, although it may be possible after the investigation and/or prosecution are complete. Often the hospital or rape crisis center volunteer will have any questions, be sure to ask someone.

You will be provided with a hospital gown and the nurse or doctor will start collecting evidence.

Evidence is collected through the following means:

1. oral swabs
2. head hair combings
3. pulled head hair samples
4. debris collection (collection of dried blood, semen, saliva, hair, dirt, leaves, fibers that may be on your person.
5. anal swabs
6. vaginal or penile swabs
7. pubic hair combings
8. fingerprinted samples
9. fingernail scrapings
10. hair, dirt, debris, fibers that may be on your person.

Collecting swabs is typically painless and involves merely wiping cotton swabs over the area where the evidence

After all the paperwork is completed, the exam will take about 2-3 hours. As part of the exam, swabs, hair samples and blood samples will be taken.

In addition, photographs of injuries (loose hairs, debris, etc.) that may be on your person. Marks and bruises should be noted on your medical chart.

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Reading this will help.

Emergency rooms of hospitals are busy places. It would be nice to say that you will be treated immediately, but this is not always the case. It may be some time before you are treated. You may wish to read this booklet and decide whether or not to report the assault to law enforce-
ment. You may also wish to notify someone who can help you or be with you. You may want to ask someone to bring you a change of clothes, because your clothing may be needed for evidence.

There are four important reasons why you need medical attention:

1. To determine if you have been injured in any way. Following an assault, the survivor is frequently in a state of shock and may be totally unaware of any injuries.

2. To take the first steps towards regaining control of your life.

3. To collect medical evidence for possible future prosecution if and when a suit is brought. It is vital that this evidence be collected as soon as possible. It will be destroyed as time passes and you begin to resume everyday activities (eating, drinking, urinating, bathing, etc.).

4. To concentrate on yourself and your health. You are the survivor of a sexual assault and you have the right to expect during the examination. If you do not want to be examined by the hospital personnel to leave the room during the examination.

The questions you will be asked:

Why are you here? Name Address Age Occupation

This is very important infor-

1. Why you need medical treatment you will want to listen to your needs or fears and help in whatever way possible. The social worker or victim advocate may be accom-
panied by a registered nurse. They will ask questions in order to deter-
mine what treatment is necessary for you.

2. You have the right to be accompanied through each medi-

cal procedure by the social worker, victim advocate, or by a friend or relative of your choice.

3. You also have the right to choose total privacy during the emergency room treatment. This means that you can ask someone other than the necessary hospital personnel to leave the room during the examination.

Your are the evidence:

In Texas, you must make a report to law enforcement before evidence is collected. The medical treatment you may receive should include the following but not necessarily in this order:

• Your blood pressure, pulse, temperature and your medical his-
tory—allergies, medications, last menstrual period, etc.—should be taken. At this time you should be told what to expect during the examination. If not, ask someone to explain it.

• Before the examination you will be asked about the sexual assault. It is very important that you tell someone what sexual acts were performed (rational intercourse, oral copulation, and intercourse, or any other sexual acts). You may want to point to pic-
tures rather than talk in detail about

Many victims choose not to report the assault at all. The medical treatment you may receive should include the following but not necessarily in this order:

• Your blood pressure, pulse, temperature and your medical his-
tory—allergies, medications, last menstrual period, etc.—should be taken. At this time you should be told what to expect during the examination. If not, ask someone to explain it.

• Before the examination you will be asked about the sexual assault. It is very important that you tell someone what sexual acts were performed (rational intercourse, oral copulation, and intercourse, or any other sexual acts). You may want to point to pic-
tures rather than talk in detail about

National Resource:

Rape, Abuse and Incest National Network Hotline 1-800-656-HOPE (5673)


Resources for Parents:


-Child and Solis-Tett, Donald and Jan-

-Hagens and Caso, Kathryn B. and Joy-
e, When Your Child Has Been Mo-

Resources for Adults:


-Davis, Laura, The Courage to Heal Work-


-Davis, Laura. The Courage to Heal Work-


-Resources for Professionals:

-National Research Council, Understand-

-Hillman and Solis-Tett, Donald and Jan-

-Hagens and Caso, Kathryn B. and Joy-
e, When Your Child Has Been Mo-


-Davis, Laura. The Courage to Heal Work-