

Iowa Confidentiality/Minor Consent Laws

PARENT/GUARDIAN CONSENT EXCEPTIONS

A parent or legal guardian must provide consent on behalf of a minor (under age 18) before health care services are provided, with **several important exceptions**.

- **Emergency care, if a parent or guardian is not readily available.**
- **Care for emancipated minors**
 - Minors can be emancipated by: court order, marriage, or present incarceration as an adult.
- **Specific health care services related to:**
 - Reproductive health
 - Substance use treatment

Patients under 18 have the right to the following WITHOUT parental/guardian consent or knowledge:

- Family planning services, including contraceptive services*
- Prevention of sexually transmitted infections (STIs), including vaccines for hepatitis B and HPV
 - The use of HIV pre-exposure prophylaxis (PrEP) for HIV prevention
- Testing and treatment of STIs, including HIV*
- Substance use treatment
- **Age 12 and up:** tobacco cessation counseling
 - NOTE: Quitline IOWA requires age 13 and up to consent for counseling services

***FOR SOME SERVICES, MINORS HAVE THE RIGHT TO CONSENT, BUT A PARENT/GUARDIAN MUST STILL BE NOTIFIED:**

- At least 48 hours prior to an abortion, UNLESS
 - The minor is a victim of abuse that has been reported to the appropriate authorities
 - A court-authorized waiver is obtained
 - NOTE: minors have the right to consent to abortion without parent/guardian consent
- If an HIV test is POSITIVE
 - Minor must be informed of this requirement prior to HIV testing
 - Title X clinics are exempt from the notification requirement

HEALTH CARE PROVIDERS MUST OVERRIDE THE MINOR'S CONFIDENTIALITY AND REPORT IF:

- The minor is a serious threat to themselves or someone else
- There is suspicion of physical abuse or neglect by an adult
- The minor is under age 12 and has been involved in any sexual activity
- The minor has been involved in sexual activity with someone living in their home

ACCESS TO MEDICAL RECORDS

- Parents/guardians can access minors' records, but provider may use discretion to prohibit parent/guardian access if it is not in the minor's best interest
- Information related to substance abuse and its treatment may not be disclosed to parents/guardians without the minor's express permission

- Providers cannot disclose information about Title X services to a parent/guardian without written authorization of the minor

For educational purposes only.

