



## Important Information about Pregnancy Tests

### When should I get a pregnancy test?

If you think you may be pregnant, taking a pregnancy test as soon as the first day of your missed period can help you get the care and support you need. Pregnancy tests are up to 99% accurate in detecting pregnancy if used after a missed period and instructions are followed. Some pregnancy tests are more sensitive than others and can be taken before your missed period, but you may get more accurate results if you wait until after the first day of your missed period. This is because the amount of the pregnancy hormone, called human chorionic gonadotropin, or hCG, in your urine doubles every 48 hours. The earlier you take the test, the harder it is for the test to detect the hCG.

### Is the pregnancy test in the clinic better than store-bought pregnancy tests?

Your clinic uses the same method for testing for pregnancy as used at home with store-bought pregnancy tests.

### When your pregnancy test is negative...

- Even if your pregnancy test is negative, you may still be pregnant, especially if the test is within a few days of the date you should have started your period. You may retest every few days. This clinic will retest you in two weeks if you have not started your period. Consult a GYN provider if you continue to test negative and do not start your period.
- Consider your next steps. If your response to finding out that you are not pregnant is...
  - ☺ “Whew!! I am thrilled I am not pregnant...” Consider how you are going to prevent this from happening again in the future. Talk to your clinic nurse and/or medical provider about birth control options. Choose an effective method that is right for you and your partner.
  - ☹ “*sigh*... I wish I was pregnant...” It can take several months for a couple to achieve pregnancy. There are fertility awareness based methods that can help you achieve pregnancy. Most of these are free of cost. Talk to your clinic nurse and/or medical provider about these options and any other concerns you may have. When trying to get pregnant remember to...
    - take a multivitamin every day,
    - stop smoking and drinking alcohol, do not use illegal drugs,
    - be sure any medical condition you have is under control (e.g. diabetes, asthma, obesity, etc.),
    - talk to your doctor about taking over-the-counter medications including herbal supplements, and
    - avoid contact with toxic substance such as chemicals and cat or rodent feces.

### When your pregnancy test is positive...

- **Most important:** Contact a prenatal doctor or midwife immediately. This clinic can provide you a list of local providers.
- Begin taking a multivitamin each day to keep your body strong and prevent birth defects. Prenatal vitamins have the most folic acid in them, but any daily multivitamin, including children’s chewable, will have enough folic acid to prevent the birth defects that may occur.
- Eat well. Try not to skip meals. Important foods to consider for your diet are bread, cereal, green vegetables (e.g. broccoli, Brussels sprout, peas, leafy greens) and other foods that are fortified with folic acid. Remember folic acid significantly reduces the chance of birth defects.
- Stop smoking. Nicotine and other chemicals in cigarettes effect the baby’s growth and nutrition from the very beginning of development.
- Stop drinking alcohol. Do not use illegal drugs. These will cause harm to your baby throughout the pregnancy but especially in the first 3-4 months of fetal development.
- Do not take any medication (even over-the-counter medication) unless a medical care provider, who knows you are pregnant, prescribes the medication.
- Take care of your teeth. Get a dental checkup, brush your teeth twice a day with a fluoride toothpaste, use antiseptic mouthwash twice a day and floss daily.