

GET THE FACTS ABOUT

PREGNANCY TESTING

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Pregnancy Testing 102

WHEN AND WHERE TO GO

FACT: WOMEN CAN GET PREGNANT THE VERY FIRST TIME THEY HAVE UNPROTECTED SEX, AND EVERY TIME AFTER THAT.

FACT: THERE'S NO SUCH THING AS A "SAFE" TIME OF THE MONTH FOR HAVING SEX. A PERSON CAN BECOME PREGNANT ANYTIME, EVEN WHILE ON THEIR PERIOD.

FACT: TO AVOID PREGNANCY, USE BIRTH CONTROL EACH AND EVERY TIME YOU HAVE SEX. CHOOSING NOT TO HAVE SEX IS A 100% EFFECTIVE WAY TO PROTECT AGAINST STDS AND PREGNANCY.

NOT SURE...

THINK YOU ARE PREGNANT?

SOME OF THE MOST COMMON SIGNS AND SYMPTOMS OF PREGNANCY INCLUDE A **LATE OR MISSED PERIOD**, **BREAST TENDERNESS**, HAVING TO **URINATE (PEE) FREQUENTLY** AND **NAUSEA**.

HOWEVER, EVERY PREGNANCY IS DIFFERENT AND NOT EVERY CHILDBEARING PERSON WILL EXPERIENCE THESE SIGNS AND SYMPTOMS. IF A PERSON HAS HAD SEX AND THINKS THEY ARE PREGNANT, THE ONLY WAY TO KNOW FOR SURE IS TO GET TESTED.

HOW TO FIND OUT FOR SURE:

SOMEONE WHO THINKS THEY ARE PREGNANT CAN GO TO A HEALTHCARE PROVIDER OR CLINIC TO BE TESTED OR USE A HOME PREGNANCY TEST.

IF A HOME PREGNANCY TEST IS USED, IT IS ALSO A GOOD IDEA TO SEE A DOCTOR OR CLINICIAN TO MAKE SURE THE HOME PREGNANCY TEST RESULTS ARE RIGHT.

SOME LOCAL HEALTH CENTERS ALSO PROVIDE PREGNANCY TESTS AND COUNSELING.

Pregnancy Testing 102

TESTS, TYPES, RESULTS

Pregnancy tests check for the pregnancy hormone, human chorionic gonadotropin (hCG), to see if a person is pregnant.

TYPES OF PREGNANCY TESTS

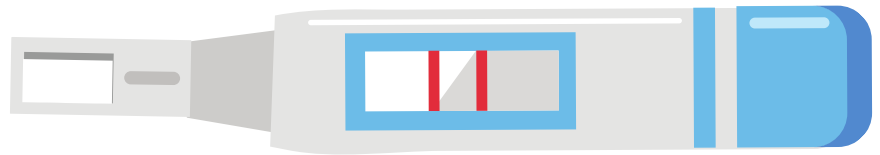
URINE TEST

- Used in clinics, hospitals, and at home.
- Home pregnancy tests are urine tests. A person, of any age, can buy a test without a prescription at most drugstores or pharmacies.
- Results are provided a few minutes after the test.
- Health care providers recommend that a urine test be taken when a person's period is late for one or more days. If the test is taken sooner it may not detect the pregnancy hormone, hCG.



BLOOD TEST

- Used by health workers in clinics and hospitals.
- It may take several days to get the results. Some clinics may ask the person to return to the clinic. Other clinics may call with results, or have the person call the clinic to get the results. Any person going for testing should ask how the clinic tells people about the results.



READING RESULTS

- ▶ A home pregnancy test is positive if two lines appear. You may be pregnant but you should double-check with a doctor or clinic. Many doctors and clinics will want to do another test to be sure the home test results were correct. During the appointment, the doctor will determine how far along the pregnancy is and discuss what to expect. They should also go over your options: parenting, adoption, or abortion.
- ▶ The test is negative if only one line appears. You may not be pregnant but it is a good idea to schedule an appointment at a health center. Many health care providers will want to do another test to be sure the home test results were correct. You can also talk to the health care provider about birth control options and prenatal care.

RESOURCES

www.iknowmine.org

www.wernative.org

www.healthynativeyouth.org

www.powertodecide.org/teen-talk

www.sexetc.org

www.plannedparenthood.org/learn/pregnancy/pregnancy-tests

Planned Parenthood
800-230-PLAN
for the nearest location

