

Pregnancy Test or Exam

What is it?

- **Pregnancy Test**– digital pregnancy test bought at your local drug store; over 99% accurate from the day of your expected period, results are 5 days sooner, easy to use, fast, results in 3 to 5 minutes; reliable and early-detection
 - **hCG**- a hormone present in women’s urine during pregnancy at levels of 20 mIU/ml/hCG; test accurately as early as 6 to 8 days after conception; hCG is made when a fertilized egg implants in the uterus about 6 days after the egg and sperm merge; in 10% of women implantation does not occur until much later after the first day of the missed period; hCG increases each day you are pregnant; tests blood for the pregnancy hormone about 6-8 days after you ovulate
 - **HPT**- is a urine test that is inexpensive, private and easy to use; highly accurate if used correctly and at the right time; tell if you are pregnant about 1 week after a missed period; home pregnancy test
 - **Collecting Urine**- dipping the stick in the urine, wait a few minutes, then inspect the result window and there may be a line, a plus or the word pregnant and all of these mean positive and you are pregnant; read the directions and follow
 - **Most HPT’s**- will give you an accurate answer if you wait 1 week after your missed period



What can I do?

- **See your Health Care Provider**- for more information
 - **Treatment**- pregnancy test, pelvic exam,
 - **Goal**- for mother and baby to be healthy
 - **False-Positive**- when test says you are pregnancy when you are not; medicines with the hormone hCG can give a false positive also
 - **AVOID**- alcohol and illegal drugs if trying to become pregnant or sexually active and could become pregnant
 - **Numbers for Help**- womenshealth.gov at 1-800-994-9662, [1-888-463-6332](tel:1-888-463-6332) at <http://www.fda.gov>, 1-800-762-2264 at <http://www.acog.org/>, 1-800-230-7526 at <http://www.plannedparenthood.org>, 1-800-672-2296 at <http://www.americanpregnancy.org/>
- **See a Registered Dietitian**- for help as needed if trying to eat healthy, lose or gain weight

