



Team Name: Harm Reduction and Healthy Sexuality Team Lead: Regional Manager Public Health-Healthy Living Approved by: Executive Director North	Reference Number: CLI.6210.SG.002 Program Area: Public Health-Healthy Living Policy Section: General
Issue Date: September 15 2015 Review Date: Revision Date:	Subject: Pregnancy Testing

STANDARD GUIDELINE SUBJECT:

Pregnancy Testing

PURPOSE:

Pregnancy Testing shall be offered to female clients for purposes of pregnancy screening, to offer emergency contraception, or to offer specific birth control, e.g. Depo Provera. As part of offering comprehensive reproductive health services to women, pregnancy testing will be offered as appropriate.

The purpose of this guideline is to provide guidance related to best practice of pregnancy testing with disadvantaged clients.

PROCEDURE:

1. Assess the date of the client's last normal period.
2. Discuss with client the type of contraception used and if used correctly.
3. Ask the client if she is having any symptoms of pregnancy
 - Tender breasts
 - Nausea, vomiting
 - Missed period
 - Frequent voiding
 - Mood changes
 - Appetite changes
 - Increased fatigue
4. Ask the client about feelings, emotions and support systems regarding results, prior to performing test.
5. Follow product instructions/procedure card included in product package
 - First morning urine sample is preferred since it generally contains the highest concentration of hCG: however, urine sample collected at anytime of the day may be used.
 - If urine samples are not used for testing immediately, samples may be stored at 2 degrees to 8 degrees C for up to 48 hours prior to testing. For further information about sample storage, refer to product instructions.
 - Review timing of testing and false negatives:

- False negatives can result when levels of hCG are below the sensitivity level of the test (e.g. dilute urine, very early pregnancy. Refer to product instruction). If the test is negative and pregnancy is still suspected, a first morning urine sample should be collected at least 48 hours later and tested.
 - Note: a number of conditions other than pregnancy can elevate hCG levels (refer to the product instructions). Pregnancy tests are to be used as a screening tool, not for diagnostic purposes.
6. If test is positive, discuss all three options (refer to “Your Choice for Your Reasons”)
 - Abortion
 - Adoption
 - Parenting
 - Consider referral to pregnancy counselling services
 - Review healthy lifestyle/harm reduction:
 - Cutting down/quitting smoking, alcohol, street drugs and review nutrition if planning to continue with pregnancy
 - Discuss prenatal education if planning to continue with pregnancy
 7. If test is negative:
 - Discuss contraception options
 - Discuss when to return for retesting if no menses
 - If testing was to screen for pregnancy, discuss maintaining healthy lifestyle until pregnancy is ruled out (until menses return)
 8. Consider referral to primary care provider
 9. Document on appropriate forms

EQUIPMENT/SUPPLIES:

1. Pregnancy Test
2. Nonsterile urine specimen container or disposable cup
3. Timer or watch
4. Paper bag (for transporting specimen, depending on clinic setting)
5. Gloves

SUPPORTING DOCUMENTS:

- [CLI.6210.SG.001.SD.03](#) Integrated Progress Note – Public Health-Healthy Living
[CLI.6210.SG.003.FORM.01](#) Emergency Contraceptive Pill Record Form
[CLI.6210.PL.001.FORM.02](#) Reproductive Health Record

REFERENCES:

Teen Clinic Services Manual, Healthy Child Manitoba (2006/2007).
http://www.gov.mb.ca/healthychild/mcad/had_teenclinicservices.pdf

Your Choice for Your Reasons, Healthy Child Manitoba (2009).
 Available online at: http://www.gov.mb.ca/healthychild/mcad/had_yourchoice.pdf

Pregnancy Test Product Instructions

Pregnancy Testing CLI.6210.SG.002