

Pregnancy Tests

Finding Out for Sure

How can you find out for sure if you are pregnant?

- ❑ Do a home pregnancy urine test. You can do one yourself. Facts about these tests:
 - They test for a hormone called **HCG**. HCG is present in the urine only during pregnancy.
 - You can buy them over-the-counter. Look for them at the drug store or supermarket.
 - They are 95 to 100% error-free. But you have to do what the label says.
 - They come in many brands. Some brands include a second test in the package.
 - They are not all used the same way. Read the label to find out what to do. Some can be used the day after you miss a period. That's about 14 days after **conception**. Some have you wait 3 to 5 days after you miss a period. Some have you use your first morning urine sample.

{*Note:* If your test is positive, call your health care provider. Make a date to be seen. Ask what **prenatal vitamins** (vitamin pills) you should take. Do this if you are not already taking them. It is a good idea to start taking prenatal vitamins before you get pregnant and right at the start of pregnancy. Doing this, especially getting enough **follic acid**, may prevent some birth defects. Prenatal vitamins will supply the minerals you need, too. }

- ❑ Get a lab or in-office urine test. Ask your health care provider to order one. Facts about these tests:
 - They test for **HCG** in the urine.
 - They are nearly 100% error-free.
 - They can confirm pregnancy 7 to 10 days after **conception**.
- ❑ Get a blood test. Ask your health care provider to order it. Facts about these tests:
 - They test for HCG in the blood.
 - They are 100% error-free.
 - They can confirm pregnancy 7 days after conception. That's even before you miss a period.

Always follow up your pregnancy test with a medical exam. Your health care provider can see signs of pregnancy by or even before the 6th week!

