

UniversityHealthServices

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PREGNANCY TESTING

Probably the first sign of possible pregnancy is missing your period. Keeping a calendar record of your monthly periods helps you know if a period was missed or is late. If you think you missed a period but haven't kept track, try to estimate, as closely as possible, when you last menstruated.

Wait until 7 to 10 days after you first missed your period to have a clinical pregnancy test. Before that time the pregnancy cannot be reliably confirmed by a physical exam or test, it is very important to have the test confirmed by a health care practitioner.

Clinical Services at University Health Services in Ritenour Building will perform a pregnancy test for University students. Call Clinical Services at (814) 863-0774 to schedule an appointment for the pregnancy test. At this time the receptionist will ask you how late your menstrual period is. She will also instruct you to collect a first morning urine specimen in a clean, dry, plastic or glass container. The specimen should be stored in the refrigerator unless you take it to UHS within one hour of collection.

The lab technician examines the urine specimen to detect the presence of a placental hormone known as HCG. HCG is produced during pregnancy and secreted into the blood as well as eventually excreted in the urine. HCG is usually detectable 10 to 14 days after conception.

The results of your pregnancy test will be reviewed with you during your appointment with a nurse or clinician. If your test results are negative and you were not planning a pregnancy, you may want to consider birth control options. The nurse or clinician as well as the HealthWorks Peer Educator program, are excellent informational resources. The HealthWorks Peer Education and Outreach Program is in Rooms 19 & 20 Ritenour or phone (814) 863-2500.

If the results of your test are positive, indicating that you are pregnant, you will be offered an appointment for a gynecological exam to determine how far along the pregnancy is. If you were planning a pregnancy, the nurse will review prenatal information with you and give you handouts. She will also provide you with a list of clinicians in the State College area that offer pregnancy care. University Health Services does not offer continuing pregnancy care.

If your test results are positive and you were not planning a pregnancy, the nurse will discuss pregnancy options with you based on your needs and requests. This information may include continued pregnancy care options and pregnancy termination or abortion options.

The results of your pregnancy test at University Health Services remain in your medical record, ***which is confidential*** and seen only by medical personnel except by court order. There are costs associated with the laboratory test and appointment. The Clinical Services staff is happy to provide you with information on these costs and your options regarding payment.

Test Results and Advice Nurse

Please call the nurse for test results and advice: 863-4463

Appointments

Appointments can be made in person or by phone. If you are unable to keep your appointment, please call and cancel. Otherwise you will be charged for the visit.

To schedule or cancel appointments, call: 863-0774

For more information about health care issues, visit the UHS Web site at www.sa.psu.edu/uhs

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