



Pregnancy tests

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

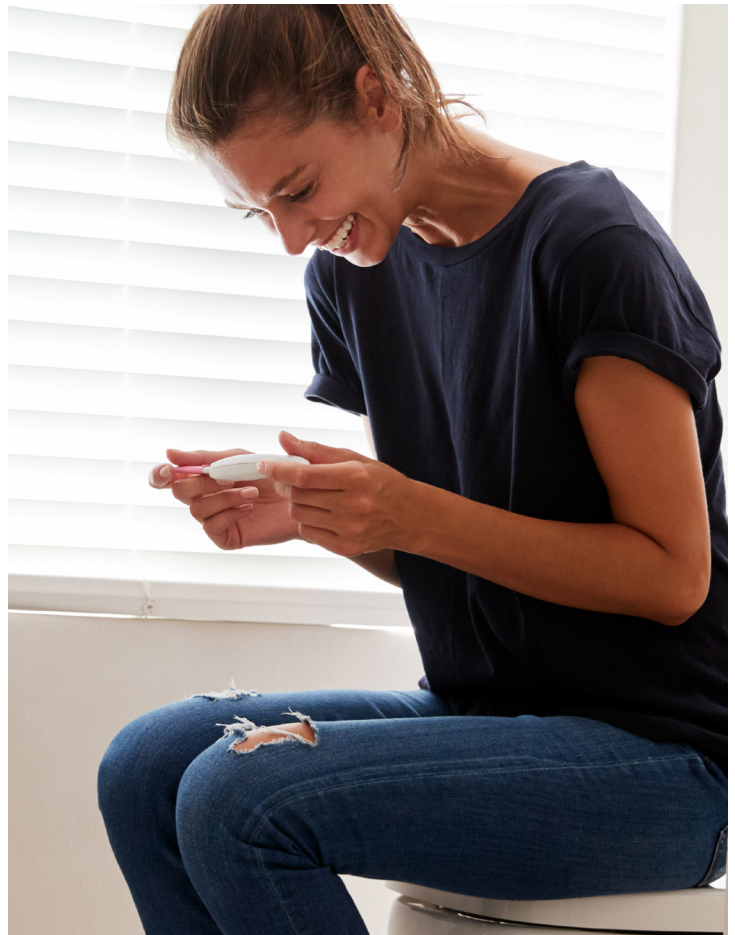
Always follow up your pregnancy test with a medical exam. Your health care provider can see signs of pregnancy by or even before the 6th week of conception!

DO A HOME PREGNANCY 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. Be sure to follow the instructions on the label.
- 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 to schedule an appointment. Ask what prenatal vitamins 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 folic acid, may prevent some birth defects. Prenatal vitamins will supply the minerals you need, too.}



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.