

Pregnancy Testing

At the University Health Service

When it comes to preventing pregnancy, mistakes happen. Maybe a condom that broke, a pill was forgotten, or your birth control method to fail. If you suspect that you are pregnant, you can schedule an appointment to see a health care provider at the University Health Service (UHS). Your provider can schedule a pregnancy test and help with counseling and dealing with issues that may occur during this time. All testing and test results are confidential. To ensure privacy and confidentiality, results of pregnancy tests are discussed in person only and are not released over the phone.

SYMPTOMS

The most common first indication of pregnancy is a missed menstrual period. Waiting to be tested until five days after your period was supposed to start is a good idea since periods can be irregular. Other symptoms of pregnancy include nausea, breast tenderness, weight gain, fatigue, frequent urination, or cramping. Your menstrual period can also be delayed because of stress, anxiety, weight loss, illness, or hormonal fluctuations. In a sexually active woman, the possibility of pregnancy should be excluded before assuming one of these other causes.

PREGNANCY TESTS

A pregnancy test will determine whether or not you are pregnant. UHS offers pregnancy testing. Urine is collected and checked for HCG, a hormone that is released during pregnancy. The urine test (HCG) is accurate when performed five or more days after the day your menstrual period was due to begin. During the initial visit, urine pregnancy test results are available within a short period of time. Urine pregnancy tests are also available in most pharmacies. Confirmation of your test results by a clinical urine test may be necessary if you seek further treatment.

SCHEDULING AN APPOINTMENT AT UHS

Call 275-2662 to schedule an appointment. If you suspect that you are pregnant, we recommend scheduling an appointment as soon as possible. A pregnancy test will be performed during the visit. If you have questions about testing, you can call 275-1160 to speak with a registered nurse. If your test is positive, your primary care provider can discuss further care with you.

CONFIDENTIALITY

All testing and test results are confidential. To ensure privacy and confidentiality, results of pregnancy tests are discussed in person only and are not released over the phone.

BILLING

There are two charges involved in UHS pregnancy testing: a charge for the visit with the health care provider and the laboratory fee. The University Health Service offers confidential billing for patients who prefer not to submit the charge for a pregnancy test to their insurance company. (*See "Confidential Billing" in the box.*)

▪ Billing for Full-Time Students

The mandatory health fee covers the charge for the visit. There is an additional laboratory fee for the pregnancy test. The mandatory health fee does not cover the laboratory fee.

If you are enrolled in the University-sponsored health insurance, the laboratory fee is covered by the insurance plan. If you do not have the University-sponsored health insurance, you can submit the bill to your insurance company or pay the bill yourself.

▪ Billing for Non-Student Patients

There is a charge for the visit, as well as the laboratory fee. You can ask the receptionist or your health care provider about the fees for the visit and the laboratory test. The fees can be submitted to your insurance company. Coverage will depend on your plan's benefits.

Confidential Billing: Patients who do not want the charge for a pregnancy test billed to their insurance company can arrange for confidential billing. With confidential billing, the patient pays UHS for the test, and the bill is not submitted to the insurance company. Please speak with your health care provider if you are interested in confidential billing.

SCHEDULING AN APPOINTMENT

Call 275-2662 to schedule an appointment at the University Health Service (UHS). UHS offers a full range of gynecological and contraceptive services. You can schedule an appointment with your primary care provider (PCP) or with one of the women's health nurse practitioners for gynecological care and to discuss contraceptive options. All visits to UHS are confidential.