

# 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 two types of pregnancy tests: a blood test and a urine test. Both of these tests, as well as most over-the-counter pregnancy tests, work by detecting the presence of a hormone called Human Chorionic Gonadotropin (HCG), which is released into the blood stream or urine during pregnancy.

- **The Blood Test:** The blood test (Beta HCG) is accurate when done five or more days after the day your menstrual period was due to begin. If the blood sample is drawn before 11:30 am, results are available on the same day after 4:15 p.m. You will be asked to schedule a follow-up appointment to receive the test results. Your health care provider may make other arrangements on an individual basis.
- **The Urine Test:** 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 15-20 minutes. If you cannot wait, you can schedule a follow-up appointment to discuss the results. 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.

### PREGNANCY TESTING 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. Pregnancy tests are performed at the UHS Medical Center Office.

If you have questions about testing, you can call the UHS Women's Health Information Line at 275-1161 to speak with a registered nurse. On weekends and evenings during the academic year, you can call the UHS River Campus Office at 275-2161 to schedule an appointment and/or speak with a registered nurse. The UHS River Campus Office is open 7 days/week.

If your test is positive, your primary care provider or the women's health nurse can discuss further care with you. If your test result is negative, you can talk with your primary care provider or the women's health nurse to discuss contraceptive methods for the future.

### BILLING

There are two charges involved in UHS pregnancy testing: a visit charge 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" below.)

#### 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's Blue Cross Blue Shield insurance, the laboratory fee is covered by the insurance plan. If you do not have the University's Blue Cross Blue Shield 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. The laboratory fee can be submitted to your insurance company. You can ask the receptionist or your health care provider about the fees for the visit and the laboratory test.

**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.