Purpose:
To offer pregnancy testing to vulnerable, and marginalized women in order to refer clients to appropriate services such as primary care, Families First, addiction and other support services early in pregnancy

Procedure:
Only nurses provide pregnancy tests.

A high index of suspicion is necessary. Consider the possibility of pregnancy when an individual presents with any following complaints:
- Irregular menses; missed period; unreliable menstrual history; unusually vaginal bleeding; amenorrhea
- Acute or chronic abdominal pain
- Breast enlargement or discomfort
- Fatigue

Prior to testing:
- Counsel the client regarding possible outcomes

Testing:
- Read product monograph
- Obtain urine sample
- Follow the instructions as per package insert
- Pregnancy test must be done on site and cannot be distributed for self use

Counseling following testing:
- Assess stage of change & motivation for additional resources.
- As appropriate, discuss options related to pregnancy including: carrying the fetus to term and keeping the infant, carrying the fetus to term and placing the child for adoption, or therapeutic termination of the pregnancy
- Review with client benefits/risks of seeking/not seeking additional resources
- The client will have to decide which option she will pursue, and referral should be available for all options.
Some referral resources to consider with clients:

- **General Public Health Program**
  - Referral form to be faxed  
    fax 940-2635

- **General Practice Physician**: Client’s own physician or The Family Doctor Connection – 786-7111.

- **Healthy Start for Mom and Me**:
  - Drop-in program, milk coupons available  
    949-5350

- **Midwifery**: self-referral program. Staff can call on the client’s behalf, but the midwives will need to speak with the client first before accepting this individual into care. Recommended to call all 4 practice sites (space in each site not always available) individually and an intake is done.
  - Women’s Health Clinic Intake: 947-2422 ext 515  
    fax 944-0223
  - Mount Carmel Clinic Intake: 589-9412  
    fax 582-1341
  - Health Action Centre: 940-3843  
    fax 942-7828
  - ACCESS River East 938-5054  
    fax 938-5099

- **Therapeutic Abortion Services**: self-referral accepted.
  - HSC Women’s Hospital 787-1781

- **AFM Women’s Services**: 586 River 944-6229  
  fax 284-5520

- **Addiction Unit HSC**: 820 Sherbrook 787-3855
  - Pregnant women prioritized for service
  - Can call Louise Halldorsson (triage nurse) @ 787 3918, first but will need to attend the HSC Emergency Room first for assessment prior to admission to Addiction Unit.

- **Child & Family Services**:
  - Intake 944-4200
  - After hours emergency  
    944-4050