

Pregnancy Test Counseling Guidance  
Based on Section 8.6 of the 2001 Title X Guidelines

Pregnancy testing is one of the most common reasons for a first visit to a family planning clinic. Thus it is important to provide education and counseling about family planning as well as early prenatal care, or termination if applicable. We are recommending your agency use a designated “Pregnancy Test Only” form to identify these visits.

**If the test result is negative:**

Assess whether or not she is trying to conceive or was this is an unintended event. If she is trying to conceive, offer education on the benefits of proper nutrition, folic acid, avoidance of drugs, alcohol or tobacco products, exercise and/or a healthy weight program. If she is not trying to conceive, determine if this pregnancy test may be a false negative (i.e., too early since last unprotected sexual act) and offer Emergency Contraception, or ask if she is interested in birth control options. If yes, schedule an appointment with clinic (or see that day, if possible). She may also be an excellent candidate for Quick Start/Advanced Start as a “bridge” until she is seen in the clinic for the full exam.

**If the test result is positive:**

If the woman is seeking a pregnancy, refer for early initiation of prenatal care. In addition, counseling **must** be provided on the importance of receiving the physical assessment as soon as possible. Good health practices during early pregnancy especially those which serve to protect the fetus during the first 3 months (e.g., good nutrition, avoidance of smoking, drugs, alcohol and exposure to x-rays) should be given. You **must** also give the client the warning signs of an ectopic pregnancy (e.g., unexplained vaginal bleeding, abdominal pain, dizziness, syncope) and where to seek care should she experience any of these before her prenatal appointment.

If the woman was not seeking a pregnancy and appears to be conflicted, you **must** offer her the opportunity to be provided information and counseling regarding each of the following options:

- Prenatal care and delivery
- Infant care, foster care or adoption
- Pregnancy termination

If requested to provide such information and counseling, provide neutral, factual information and nondirective counseling on each of the options. Provide a referral for any options she may indicate she is interested in receiving/considering. You cannot make the appointment for the client for termination services, but you can provide information as to where she can find this service. The same is true for the second option, infant or foster care or adoption. It is also good to assess the client’s social support system in these circumstances.