

**FAMILY PLANNING PROGRAM****SECTION:** Medical Services Administration**POLICY AND PROCEDURE MANUAL****SUBJECT:** Pregnancy Testing/Diagnosis

POLICY: Pregnancy testing/diagnosis and counseling must be available at all family planning clinics and be provided to the client upon request.

PROCEDURE:

1. Pregnancy tests should be of high sensitivity and are conducted according to agency protocol and manufacturer's directions.
2. Obtain client's signature on consent form prior to the test using the Request to Receive Family Planning Screening Services. (See appendices for form.)
3. Pregnancy diagnosis should consist of:
 - a. history
 - b. pregnancy test
 - c. physical assessment, including pelvic examination. (On site or by referral)
4. Agencies must offer pregnant women the opportunity to be provided information and counseling regarding:
 - a. prenatal care and delivery
 - b. infant care, foster care or adoption
 - c. pregnancy termination

If requested to provide such information and counseling, it must be:

 - a. neutral
 - b. factual
 - c. nondirective
5. Referrals upon request, must be provided except with respect to any option(s) about which the pregnant woman indicates she does not wish to receive such information and counseling. Agencies shall maintain a list of referral agencies for all options and provide this information to clients upon request.

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6. If the medical examination, including pelvic exam, cannot be performed in conjunction with the laboratory testing, the client must be counseled on the importance of receiving a physical assessment as soon as possible, preferably within 15 days.
7. For clients with positive pregnancy tests who elect to continue the pregnancy, referral for early initiation of prenatal care should be made. Information on good health practices should be given to those clients planning to carry pregnancy to term, i.e.:
 - a. good nutrition
 - b. avoidance of smoking and second hand smoke
 - c. avoidance of drugs and alcohol
 - d. avoidance of x-ray exposure
 - e. importance of early prenatal care
 - f. programs available when applicable:
 - 1) WIC
 - 2) OPOP
 - g. refer for family planning services postpartum
8. For clients with positive pregnancy tests who are ambivalent, information on referral sources for further counseling will be provided.
9. For clients with positive pregnancy tests who request information about abortion services, information on sources closest to the client will be provided.
10. For clients who have negative pregnancy tests:
 - a. the cause of delayed menses should be investigated
 - b. if ectopic pregnancy is suspected, the client must be referred for immediate diagnosis and therapy
 - c. information should be given on contraceptive services
 - d. infertility services should be offered
 - e. preconceptual counseling should be provided, if indicated

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11. All findings, counseling, and referrals must be documented in the client's medical record:
- a. may use local pregnancy testing form
 - b. State form, Pregnancy Test Record, may be used (see appendix for form)
 - c. sign/initial
 - d. date

References:

1. Program Guidelines for Project Grants for Family Planning Services, January 2001, pp. 24-25, Section 8.6, Pregnancy Diagnosis and Counseling