



# UNIVERSITY OF MARYLAND

## UNIVERSITY HEALTH CENTER

Accredited by the Accreditation Association for Ambulatory Health Care, Inc.  
www.health.umd.edu

## Pregnancy Test Instructions

### Blood Pregnancy Test

To request a pregnancy test, come to the Women's Health Clinic between the hours of 9:00am and 4:00pm, Monday thru Friday. Someone will speak with you privately and place the order for the pregnancy test. You will be shown where the lab is located and will need to report there so the test can be performed. An appointment will be made for you to return later that same day or the next afternoon to receive results. Employees working in the lab do not give results. Return to Women's Health to receive your results. Pregnancy test results are never given over the phone.

A blood pregnancy test generally will detect pregnancy ten days after the last unprotected intercourse. For some women, ten days is too early to obtain accurate results. Tests done this early, that are negative, maybe repeated, if necessary.

### Urine Pregnancy Test

The urine pregnancy test is most accurate when you are one or more days late for your period and you bring in your first morning urine specimen. If you have missed your period by only a few days and the urine test is negative, the test may need to be repeated in one week. Pregnancy test results are never given over the phone.

### Home Pregnancy Test Kits

Home pregnancy testing kits are available over-the-counter at most pharmacies, including the University Health Center pharmacy. All home testing kits are used with a urine specimen after a missed period. To insure an accurate result it is important to read and follow your test kit instructions carefully. If your home test is positive we encourage you to repeat the test at the University Health Center and make an appointment with our pregnancy counselor to discuss your options. If your test result is negative and you do not start your period in one to two weeks we encourage you to repeat the test at the University Health Center and meet with one of our staff to discuss your results.

There will be times when a provider will request the test that is most appropriate for you. In such a situation you should obtain the test that has been recommended. The **Emergency Contraceptive Pill** may also be an option for those women who contact the Women's Health Clinic within 120 hours of an unprotected intercourse. For more information about pregnancy testing or the Emergency Contraceptive Pill, contact Women's Health at (301) 314-8190.

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