

Pregnancy Testing and Counseling – GYN 10

DEFINITION

Providers of family planning services should offer pregnancy testing and counseling services as part of core family planning services. Pregnancy testing is a common reason for a client to visit a provider of family planning services. Approximately 65% of pregnancies result in live births, 18% in induced abortion, and 17% in spontaneous fetal loss. Among live births, only 1% of infants are placed for adoption within their first month of life.

A Title X project may not use the provision of any prenatal, social service, emergency medical, or other referral, of any counseling, or any provider lists, as an indirect means of encouraging or promoting abortion as a method of family planning.

SUBJECTIVE

Female history should include:

1. Reproductive Life Plan
2. LMP
3. Obstetric history, including any past pregnancy complications
4. Medication use, including review of listed medication use safety in pregnancy
5. Any condition that exposes a woman to increased risk as a result of pregnancy
6. Family history
7. Partner violence assessment
8. Alcohol, nicotine, and other drug use assessment
9. Immunization status
10. Depression screen
11. Screen for recent travel outside the U.S. and potential exposure to infectious disease that increases congenital risk such as Zika exposure risk; as applicable

OBJECTIVE

Should include:

1. Height, weight and BMI
2. BP

May include:

1. Age-appropriate physical exam, if indicated
2. A pelvic examination to estimate gestational age if the LMP date is uncertain
3. Assessment of Fetal Heart Tones if > 10 wk

LABORATORY

Must include:

1. Qualitative urine pregnancy test

May include:

1. STI/HIV screening, as indicated
2. Pap screening, as indicated

ASSESSMENT

Pregnancy testing and counseling

PLAN

1. Offer pregnant clients/women the opportunity to be provided information and counseling regarding each of the following options:
 - a. Prenatal care and delivery;

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025

- b. Infant care, foster care, or adoption; and
 - c. Pregnancy termination.
2. If requested to provide such information and counseling, provide neutral, factual information and nondirective counseling on each of the options, and referral upon request, except with respect to any option(s) about which the pregnant client/woman indicates they/she does not wish to receive such information and counseling.

All Title X clinical staff may provide information regarding:

1. Maintaining the health of the mother and unborn child during pregnancy as recommended by major medical organizations
2. Normal early pregnancy symptoms, signs of miscarriage or ectopic pregnancy
3. Rh considerations if the client experiences spotting or bleeding
4. Prenatal safety issues, including domestic violence risks and depression risks

CLIENT EDUCATION

Positive Pregnancy Test discussion may include:

1. Prenatal counseling in accordance with the recommendations of professional medical associations, such as ACOG, AAFP
2. An estimation of gestational age so that appropriate counseling can be provided
3. Information about maintaining the health of the mother and unborn child during pregnancy
4. Normal signs and symptoms during early pregnancy and to report any concerns to a provider for further evaluation
5. Review of pregnancy danger signs (including ectopic and miscarriage)
6. Medications that might be contraindicated in pregnancy
7. Encourage to take a daily prenatal vitamin that includes folic acid
8. Avoid smoking, alcohol, and other drugs
9. Review nutritional advice to follow during pregnancy (fish that might have high levels of mercury, foods to avoid)
10. Avoidance of X-ray exposure
11. Review medical and social programs available, if applicable (such as WIC, OPOP or other prenatal and parenting public health programs, Medicaid, area adoption agencies, and other social, financial and medical services programs)
12. Review of pregnancy support system (partner, family, friends), with referral to appropriate counseling or other supportive services as needed
13. Refer for needed STD screening (including HIV) and vaccinations if there might be delays in obtaining prenatal care
14. Offer family planning services postpartum.

Negative Pregnancy Test discussion may include:

1. Contraceptive options counseling for those who do not want to become pregnant
2. Reproductive Life Plan
3. Services to help achieve pregnancy or basic infertility services, as appropriate for those trying to become pregnant
4. Preconception health and STI services

CONSULT / REFER TO PHYSICIAN

1. If ectopic pregnancy or other pregnancy abnormalities or problems are suspected, refer for immediate diagnosis and management
2. Refer patients with a positive qualitative pregnancy test to OBGYN; a resource list should be provided
3. Individuals with identified high-risk health or social problems prior to pregnancy
4. Referral to appropriate medical and social providers (with the exception of referrals for abortion as mentioned above) of follow-up care should be made at the client's request, as needed

REFERENCES

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025

1. U.S. Centers for Disease Control and Prevention. (2024). *U.S. medical eligibility criteria for contraceptive use, 2024*. Retrieved from https://www.cdc.gov/contraception/hcp/usmec/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Freproductivehealth%2Fcontraception%2Fmmwr%2Fmec%2Fsummary.html
2. U.S. Centers for Disease Control and Prevention. (2024). *U.S. MEC and U.S. SPR provider tools*. Retrieved from https://www.cdc.gov/contraception/hcp/provider-tools/index.html#cdc_generic_section_1-us-mec-downloads-and-resources
3. Baldwin, M. & Chen, B. (2025). Pregnancy testing. In R. A. Hatcher, P. Cason, C. Cwiak, A. Edelman, D. Kowal, J. M. Marrazzo, ... M. S. Policar (Eds.). *Contraceptive Technology* (pp. 699- 717). (22nd ed.). Jones & Bartlett Learning
4. U.S. Centers for Disease Control and Prevention. (2014). Providing quality family planning services: Recommendations of CDC and the U.S. office of population affairs. *Morbidity and Mortality Weekly Report*, 63(4); 1-54. Retrieved from <https://www.cdc.gov/mmwr/pdf/rr/rr6304.pdf>
5. Gavin L, Pazol K, Ahrens K. (2017). Update: Providing quality family planning services — recommendations from CDC and the U.S. office of population affairs. *Morbidity and Mortality Weekly Report*, 66(50); 1383- 1385. DOI: <http://dx.doi.org/10.15585/mmwr.mm6650a4>. Retrieved from <https://www.cdc.gov/mmwr/volumes/66/wr/mm6650a4.htm>
6. Reproductive Health National Training Center. (2024). *Client-centered pregnancy test counseling job aid*. Retrieved from <https://rhntc.org/resources/client-centered-pregnancy-test-counseling-job-aid>
7. The American College of Obstetricians and Gynecologists. (2023). *Nutrition during pregnancy*. Retrieved from https://www.acog.org/womens-health/faqs/nutrition-during-pregnancy?utm_source=redirect&utm_medium=web&utm_campaign=otn