

Do You Think You May Be Pregnant?

Women who have already missed a period following intercourse may be pregnant. While stress, illness or strict dieting can also cause a missed period, pregnancy is the most common reason. Other possible signs of pregnancy include nausea, fatigue, or breast tenderness. Get a pregnancy test if you suspect you may be pregnant.

Emergency Contraception

Emergency contraception may be used if you have had unprotected intercourse within the last 72 hours and do not want to become pregnant. Emergency contraception is designed to prevent pregnancy when your birth control fails or no protection was used. It will not end an established pregnancy. Emergency contraception is available over-the-counter at the Student Health Center Pharmacy and most other licensed pharmaceutical retailers in the community. A doctor's prescription is NOT necessary to obtain this medication unless you are under the age of 18. Any consumer, male or female age 18 or over may purchase this medication. The sooner emergency contraception is taken after intercourse, the more effective it is in preventing pregnancy.

Pregnancy Testing

Pregnancy tests work by detecting the presence of human Chorionic Gonadotropin (hCG) hormone in your urine or blood. The hormone is usually secreted shortly after

pregnancy begins and reaches sufficient levels for testing when you have missed a period. If the test is performed too early, it cannot detect the hCG and may produce a FALSE NEGATIVE result. However, a POSITIVE result usually indicates pregnancy.

Options for Testing

- The Student Health Center can get students in quickly for a pregnancy test. There is a \$6.00 visit fee. You will be asked to provide a urine specimen and results are generally available before you leave the Student Health Center.
- Over-the-counter home pregnancy tests are available at most pharmacies (including the Student Health Center Pharmacy) for about \$10.00. Read and follow the directions carefully for accurate results.

If the Test Is Positive

You can assume you are pregnant if the test is positive. Wellness Center staff can assist you regardless of your future plans concerning your pregnancy. A counselor is available to provide complete and accurate information about all of your options. Call 618/536-4441 for pregnancy counseling. If you have immediate medical concerns, you may want to see a provider at the Student Health Center in addition to scheduling a Wellness Center appointment.

If the Test Is Negative

The test sometimes fails to detect very early pregnancies, producing a FALSE NEGATIVE result. You should repeat the pregnancy test if

you do not get your period within 7 to 10 days. If the second test is also negative, you may want to schedule an appointment with a medical provider for an evaluation.

If you do begin your period or confirm that you are not pregnant, now is the time to consider a reliable birth control method. A Wellness Center counselor can provide you with information on current methods of preventing pregnancy. Call 618/536-4441 for a confidential consultation.

Pregnancy Options and Counseling

You may be experiencing a number of different emotions if you are pregnant. No matter how you are feeling, it is important to talk about it with a close friend, partner, family member or counselor. You can visit the Wellness Center for counseling and resources, regardless of your plans for the pregnancy.

The Wellness Center's Sexuality Education Program has trained, caring counselors who can provide information regarding your decision or your options, if you are undecided. You can talk confidentially about your pregnancy and your feelings and get information about insurance and resources. Your partner or support person is also welcome to join you for pregnancy counseling.

Choices to Consider

The options you can consider are parenthood, adoption or termination / ending the pregnancy.

Parenthood

You will need prenatal care if you continue the pregnancy. Since the Student Health Center does not provide prenatal care, you should choose a local medical provider to start regular checkups. The Wellness Center can provide up-to-date information about local medical care and available social services. The staff can also provide nutrition information and make recommendations for further reading about your pregnancy.

Alcohol, tobacco or other drug use is associated with birth defects and other pregnancy complications. Do not drink or use other drugs when you are pregnant. You may want to speak with the counselor about how this relates to your pregnancy. Now is the time to quit drinking or using other drugs and the Wellness Center can help you. Support is available through the Wellness Center and other local programs.

The SIUC Student Medical Insurance Plan covers a portion of the usual fees associated with prenatal and delivery services for eligible students. If you have questions about how to pay for prenatal care, delivery and the costs of parenting, a Wellness Center counselor can help you access resources and services.

Adoption

You may consider adoption if you do not think you can raise a child at this time. There are many loving families who cannot have children and want to adopt. We can refer you to caring local professionals who arrange adoptions.

Termination

You may decide not to continue the pregnancy. The Wellness Center can provide current information about this option, including safe and reputable clinics that provide elective surgical and medical terminations. Call 618/536-4441 for a confidential appointment with a supportive counselor.

Speak with an SIUC Student Medical Insurance Plan representative at 618/453-4413 regarding possible benefits or consult with Wellness Center staff. The termination procedure is subject to all the policy provisions in effect at the time of service.

Important Phone Numbers

Wellness Center.....	618/536-4441
Student Health Center.....	618/453-3311
Pharmacy.....	618/453-4417
Dial-A-Nurse.....	618/453-3311
Medical Insurance.....	618/453-4413



Southern
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Carbondale

Student Health Center

Wellness Center

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Student Health Center
www.siu.edu/~shc