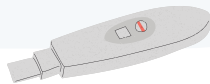


TESTING & EARLY DAYS OF PREGNANCY

Pregnancy tests measure the level of the pregnancy hormone, HCG (Human Chorionic Gonadotropin), in your **urine** or **blood**.

URINE PREGNANCY TESTS

Pregnancy tests from the drug store will indicate whether or not you are pregnant by measuring the **presence of HCG in your urine**. They can be purchased from most drug stores and usually require you to urinate onto a stick.



HCG BLOOD TEST

An **HCG blood test** can be ordered by your health care provider. It will indicate the **amount of HCG in your blood**, which tells you whether or not you are pregnant.

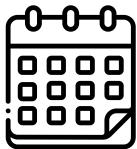


The blood test measures the **amount** of hormone present. In a normal pregnancy, the value is expected to double every 48 hours. Bloodwork can detect HCG as early as 6-8 days after conception happens. If there is concern over how a pregnancy is developing, your health care provider may repeat your HCG blood test.

WHEN DO I USE A URINE TEST?

A urine pregnancy test will not be able to detect the hormone until a day or two before you expect your period (approximately 2 weeks after conception). Try to wait until you have **missed a period**, and then test. If you test your urine too soon, you may get a negative result when you are in fact pregnant!

If you test negative, some recommend testing again in 1-2 weeks, if you still have not gotten your menstrual period.



TESTING TIMELINE

first day of menstrual period: **gestational age** (how many weeks along you are) is calculated from here

conception occurs when the sperm fertilizes the egg and the two fuse, which can occur **2-3 weeks** after your period.

Please note: estimations of when conception occurs should **not be used** as a form of birth control.

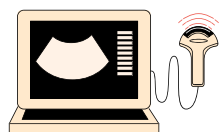
approx. **6-8 days** after conception: **HCG blood test** may detect pregnancy

approx. **2 weeks** after conception: **urine test** may detect pregnancy

WHAT IS A DATING ULTRASOUND?

A dating ultrasound is a scan that can be done in early pregnancy (ideally between **6-12 weeks**) to estimate **how many weeks** pregnant you are. This can also help calculate the **estimated due date** (i.e., day of delivery!).

Note: If you have a regular period on a 28-day cycle, you can **estimate** your due date by taking the first day of your last menstrual period, adding 7 days, then subtracting 3 months.



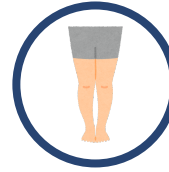
COMMON AND NORMAL SYMPTOMS OF EARLY PREGNANCY



headaches



back aches



leg cramping at night

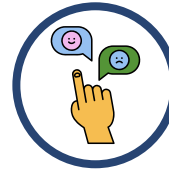
* stretching can often alleviate the pain



constipation, gas, bloating



frequent urination

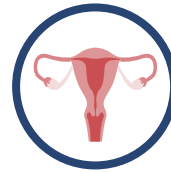


mild mood swings

* depression or disruptive mood swings are **not** normal, and should be assessed by a health care provider



breast changes (tender, swollen, heavy)



mild uterine cramping



nausea with or without vomiting

* often called "**morning sickness**", but can occur at any time of day or night



fatigue



insomnia, trouble sleeping

Contact your health care provider if you develop any of the following symptoms:

- Severe cramping or abdominal pain
- Vaginal bleeding that soaks through a pad
- Odorous vaginal discharge or painful urination
- Fever, chills, or signs of infection
- Severe headache and/or visual changes
- Severe vomiting leading to dehydration
- Chest pain with increased shortness of breath

References

The Society of Obstetricians and Gynaecologists of Canada. Symptoms of pregnancy [Internet]. Pregnancy Info. 2024. Available from: <https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/symptoms-of-pregnancy/>

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American Pregnancy Association. What is HCG? [Internet]. 2024. Available from: <https://americanpregnancy.org/getting-pregnant/hcg-levels/>

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