

# PREGNANCY OPTIONS RESOURCES FOR STUDENTS



CAN SUPPORT STUDENTS IN THE FOLLOWING WAYS:

- 1 ANONYMOUS OPTIONS COUNSELING
- 2 SHOP STAFF CAN PROVIDE INFORMATION ON ABORTION/ TERMINATION, ADOPTION AND HOW TO SET UP PRENATAL CARE APPOINTMENTS IF A STUDENT PLANS ON CONTINUING WITH THEIR PREGNANCY.
- 3 STAFF CAN HELP WITH NEXT STEPS IF A STUDENT IS PREGNANT SUCH AS; MAKING AN APPOINTMENT, THINKING ABOUT ACCOMMODATIONS YOU MIGHT NEED, ETC.

—— We are here to support students, no judgement just support and resources ——

It's important to get support as soon as you find out you are pregnant. The sooner you know and start exploring your options the more time you can have to make a final decision.

If you want support you can set up an appointment with Ali Hayes  
aahayes@ucsc.edu // 831 - 459 - 2625

You can also drop in and consult with Ali.

Note: Any student can also ask to see a Triage nurse at the Student Health Center, if they have had a positive pregnancy test. A triage nurse can provide support and resources. The Student Health Center and SHOP are here for you if you are dealing with a pregnancy.  
( SHC // 831 - 459 - 2211 )

## NEED CONTRACEPTION? BIRTH CONTROL PATROL IS HERE FOR YOU!



[ Emergency Contraception at Pharmacy for \$20 ]

- INFORMATION ON CONTRACEPTION •
- ASSISTANCE CHOOSING WHAT IS RIGHT FOR YOU •
- HELP MAKING MEDICAL APPTS FOR CONTRACEPTION •

**DROP IN HOURS  
VARY QUARTERLY**

**VISIT SHOP.UCSC.EDU  
FOR CURRENT HOURS**

# BFP™ PREGNANCY TEST Midstream

## Test Instructions for BFP™ Pregnancy Tests

### Instructions

1. The BFP Pregnancy Test can be performed at any time of the day. However, the first morning urine is preferable.
2. Remove the test from the pouch by tearing from the notch. Remove the cap.
3. Hold the test by the thumb grip. Place the absorbent tip of the test in your urine stream until it is thoroughly wet (at least 10 seconds). If you prefer, you can urinate into a clean, dry cup or container and perform the test by dipping the absorbent tip of the test into the urine for at least 15 seconds.
4. Lay the stick down flat with the results window facing up. Wait 3 minutes. If you wish, you can replace the cap to cover the absorbent tip.



### Reading Your Results

While you are waiting for your result, you may notice a colored solution moving across the window. This is normal. You need to wait 3 minutes to confirm the result. The test should not be evaluated after 10 minutes.

1 line = Not Pregnant

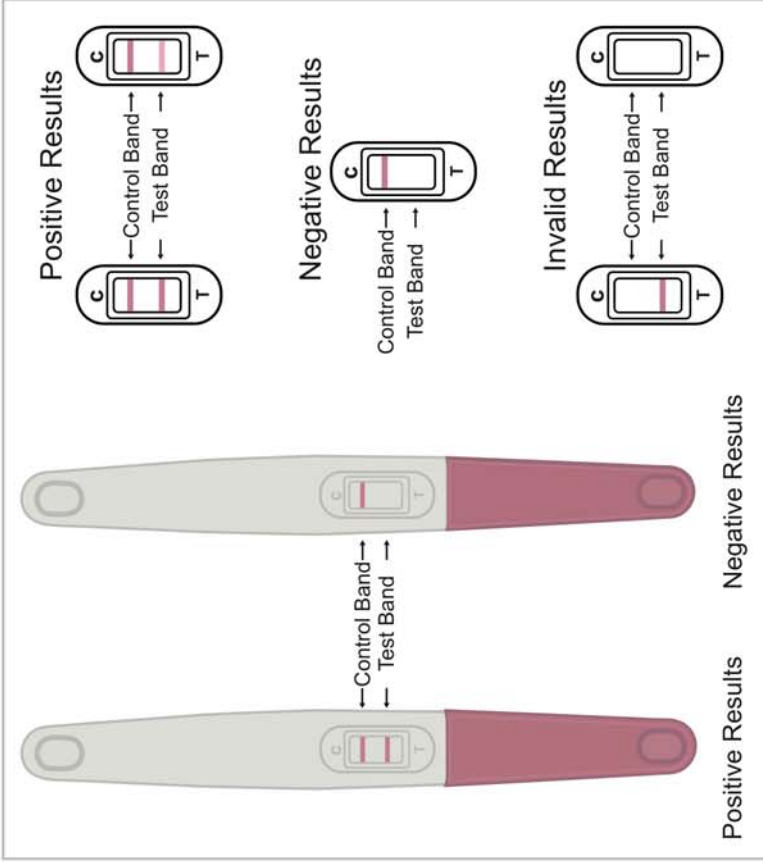
2 Lines = Pregnant

Invalid results

If only 1 pink line appears in the triangle control window, the test is negative and you can assume you are not pregnant.

If 2 pink lines appear, 1 in the round testing window and 1 in the triangle control window, the test is positive and you can assume you are pregnant. Even if the lines are very light in color, you can still assume you are pregnant.

If a pink line does not appear in the triangle control window, the test is invalid. Invalid results may be an indication that the absorbent tip was not thoroughly saturated in urine. In this case, either urinate on the absorbent tip for additional time or re-dip the absorbent tip for 15 seconds and wait 3 minutes to read results. If there is still no pink line in the triangle control window, the test is invalid and testing should be repeated in a few days with a new BFP Pregnancy Test. Follow the instructions exactly, making sure the absorbent tip is thoroughly saturated with urine. Each test is designed for a single use and should not be reused.



### What the Results Mean

A positive result (two lines) indicates that your urine contains hCG (the pregnancy hormone) and you can assume you are pregnant. You should consult your doctor who is best able to further advise you on proper prenatal care. If you are taking medication, call your physician immediately to ensure it's safe for your baby.

A negative result (one line in the triangle control window) means that no hCG has been detected and you can assume you are not pregnant. If a week passes and your menstrual period is still delayed, you should take another BFP Pregnancy Test. If the result is still negative, there is little chance you are pregnant. However, you should follow up with your physician to determine why you are not menstruating.

If your menstrual cycle is irregular, it can be difficult to know the day you have missed your period. If your test indicated you are not pregnant and your menstrual cycle does not begin within a few days, you may have miscalculated your cycle and should take another BFP Pregnancy Test.

### Limitations of Test

The test works only if the instructions are followed precisely. Although the test is highly accurate in detecting pregnancy, a low incidence of false results can occur. Check with your doctor if you get unexpected or inconsistent test results. Certain health conditions can also cause a false or irregular test result. The following factors should not affect the test results: alcohol, analgesics (pain killers), antibiotics, and birth control pills. The test should not be used after the expiration date. Do not use the test if the protective foil pouch is opened or damaged. BFP Pregnancy Tests, when performed by consumers, showed an accuracy of greater than 99% when compared to lab results. Pregnant women should not drink alcohol; if you have already used alcohol, stop; if you're thinking about getting pregnant, abstain from alcohol. Alcohol consumption during pregnancy has been known to cause birth defects.

**PREGNANT?**

**ANONYMOUS SUPPORT SERVICES & RESOURCES**

**AVAILABLE TO YOU ON BACK PAGE.**

Positive Results      Negative Results