

Guide to Confirm Your Pregnancy

01

Check for Signs of Pregnancy



Fatigue



Spotting



Nausea



Frequent Urination



Abdominal Cramp



Dizziness



Appetite Changes



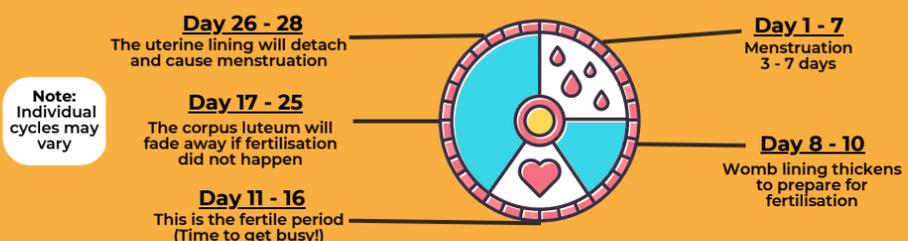
Breast Changes



Moodiness

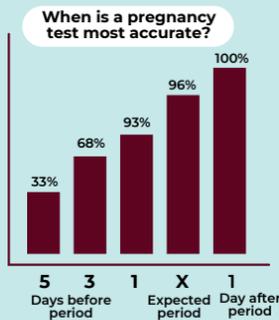
02

Know Your Ovulation Cycle



03

When to Take A Pregnancy Test



Best time to take a pregnancy test



The day after you missed your period



In the morning



With your first urination of the day

04

Taking an At-Home Pregnancy Test

What do you need to prepare?



A home pregnancy test



A mobile timer



A clean collection cup



A flat space to put the test kit

5 useful tips



Avoid taking the test too early in your cycle



Check the test kit's expiration date



Use the first urination of the day



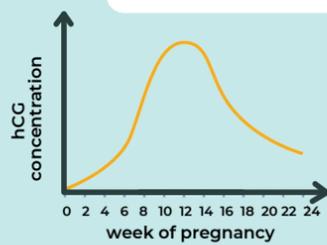
Ensure to check results within recommended time frame



Ensure to keep the test stick in the urine for the right amount of time

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How Does a Pregnancy Test Works



Pregnancy test detects pregnancy hormone called **human chorionic gonadotropin (hCG)**, which is produced when an embryo attaches to the uterus. hCG helps the corpus luteum; (temporary structure formed in the ovaries to produce hormones like progesterone and estrogen) to function.



SAMPLE PAD ANTIBODIES TEST LINE CONTROL LINE WICK

Sample (urine) is applied on this pad.

hCG will bind to the free-moving antibodies (Ab). They also have enzymes attached on the surface.

The static Ab in this test zone binds to the hCG. The enzyme attached will change test line colour. Excess Ab will bind to static Ab in control line

Images taken from: <https://www.compoundchem.com/2018/11/09/pregnancy-tests/>

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Getting False Negative Results



Diluted urine



Abnormal pregnancy (molar pregnancy)



Testing too early



Testing too late (when the hCG levels is too high)

07

Confirming Your Home Pregnancy Test



Home Pregnancy Test

This test uses urine to detect only the presence of hCG (pregnancy hormone).



Blood Test

The healthcare provider may ask for an in-office pregnancy test, which will check for the **hCG levels** in the blood. This test is most commonly used to confirm a positive urine test.



Transvaginal Ultrasound

This test can confirm your pregnancy by detecting the baby's heartbeat at a very early stage of pregnancy. It also tells the size and location of the fetus, together with the number of baby to expect.

References:

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