



CIGNA Behavioral Health



# Home Pregnancy Tests

Home pregnancy tests are fast, easy to use and more accurate than ever before. You can now be the first to know you're pregnant in the privacy of your own home. Although the cost varies from brand to brand, the tests are inexpensive and available without a prescription.

## How They Work

When you become pregnant, a hormone called HCG (human chorionic gonadotropin) is present in your urine. A pregnancy test can detect even the smallest amount. When your urine is mixed with the chemicals in the test, the resulting reaction can be seen in as little as three minutes. You only need to urinate into a cup or onto a stick. Be sure to read the directions completely before taking the test.

## Home Pregnancy Test Facts

- You can take a home pregnancy test as early as the first day you miss your period.
- When the test is done correctly, the results are 95 percent accurate.
- Urine pregnancy tests can give false negative results. If the test is taken too soon or there's an ectopic (tubal) pregnancy, the test result may be negative when you really are pregnant.
- If the test result is positive, the results are usually correct.

## The Result

If the test is positive, you'll want to contact your doctor. It's important to set up a prenatal exam. If the test is negative and you continue to have pregnancy symptoms—fatigue, nausea, tender breasts, a missed period, frequent urination—contact your doctor. You can take a blood test, which is more sensitive to the pregnancy hormone than a urine test.