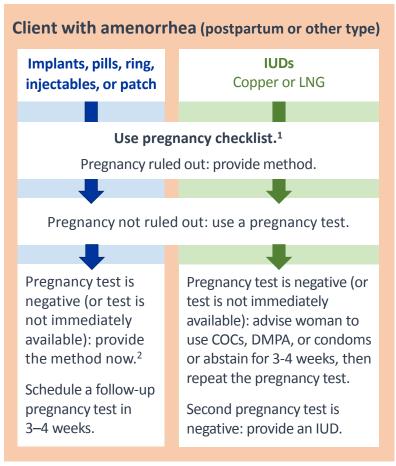
Job Aid: How and When to Use the Pregnancy Checklist and Pregnancy Tests

Match your client's menstrual status and chosen contraceptive method with one of the options below and follow the instructions.



- ¹ See page 2 (reverse) for pregnancy checklist.
- ² For implants, counsel about the need to remove the implant if pregnancy is confirmed and she wishes to continue the pregnancy.

In cases where pregnancy cannot be ruled out, offer emergency contraception if the woman had unprotected sex within the last 5 days.

Counsel all women to come back any time they have a reason to suspect pregnancy (for example, she misses a period).

Client between two regular menses (monthly bleeding)* Implants, pills, ring, **IUDs** injectables, or patch Copper or LNG Use pregnancy checklist.1 Pregnancy ruled out: provide method. Do not use a pregnancy test (in most cases, it is too early for it to be effective). Pregnancy not ruled out: do not Pregnancy not ruled out: provide the provide method. method now.² Advise woman to return for LNG IUD insertion within 7 days of Return for a pregnancy test if onset of her next menses or within 12 days for a copper IUD; but in next menses are the meantime, use COCs, DMPA, delayed. or condoms or abstain. Return for a pregnancy test if next menses are delayed.

* If the client presents with a late/missed menses, use a pregnancy test to rule out pregnancy. If using a highly sensitive pregnancy test (for example, 25 mlIU/ml) and it is negative, provide her desired method.

If using a test with lower sensitivity (for example, 50 mIU/mI) and it is negative during the time of her missed period, wait until at least 10 days after expected date of menses and repeat the test. Advise the woman to use condoms or abstain in the meantime. If the test is still negative, provide her desired method.

If test sensitivity is not specified, assume lower sensitivity.

PREGNANCY CHECKLIST How to be Reasonably Sure a Client is Not Pregnant: Client History

Ask the client questions 1–6. As soon as the client answers **YES** to *any question,* stop, and follow the instructions.

 Did your last menstrual period start within the past 7 days?* Have you abstained from sexual intercourse since your last menstrual period, delivery, abortion or miscarriage? Have you been using a reliable contraceptive method consistently and correctly since your last menstrual period, delivery, abortion or miscarriage? 	YES
menstrual period, delivery, abortion or miscarriage? Have you been using a reliable contraceptive method consistently and correctly since your last menstrual period,	
3. consistently and correctly since your last menstrual period,	YES
4. Have you had a baby in the last 4 weeks?	YES
Did you have a baby less than 6 months ago, are you 5. fully or nearly-fully breastfeeding, and have you had no menstrual period since then?	YES
6. Have you had a miscarriage or abortion in the past 7 days?*	YES
5	Did you have a baby less than 6 months ago, are you fully or nearly-fully breastfeeding, and have you had no menstrual period since then?

If the client answered **NO** to *all of*the questions, pregnancy cannot be

ruled out using the checklist.

Rule out pregnancy by other means.

If the client answered YES to at least one of the questions, you can be reasonably sure she is not pregnant.

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