

Routine pregnancy testing for young women

This leaflet explains why all female patients who are 12 years old or above have a routine pregnancy test before some procedures.

Why do I need a pregnancy test?

Some procedures carry a risk to unborn babies. These procedures include some (but not all) x-rays, scans and operations. The National Institute for Clinical Excellence (NICE) who advise us in our policies have said we have to check all girls aged 12 or older who are having certain procedures to see if they are pregnant. We have to test girls even if they tell us they are not sexually active or have not yet had their first period. It is possible for a girl to get pregnant before it is evident that she has started her periods.

How will the test be carried out?

If you will be 12 or over on the day that you are due to undergo a procedure or have an operation a member of staff will ask you for a urine sample for testing on that day. The test will be done in private, and the result will be available immediately.

What happens next?

This depends on the result and how old you are.

If the test result is negative (you are not pregnant) we will tell you and record it in your confidential health records. If you would like to tell someone the result, we can help you. If you do not want us to share the result, we will not.

If the result is positive (you are pregnant) we will support you whatever your age. In all cases the clinical team will be made aware of the result.

If you are under 16 and pregnant

- The clinical team will decide if the procedure you came in for should continue or be delayed.
- You will need to tell your parents or carers about the result, if you want our help in telling them, this can be arranged.
- Your local Social Work Service will be informed.
- If you are over 16 and pregnant
- The clinical team will decide if the procedure you have come in for should continue or be delayed.
- It will be your decision when or if you tell your parents or carers the result of the pregnancy test. If you would like our help in telling them, we can put you in touch with someone who can help you.

Can I refuse to be tested?

You can refuse, but your procedure might be cancelled if you do not have a pregnancy test. Your clinical team will be informed if you do refuse and we may inform your local Social Work Service.

Who can I talk to if I have any questions?

- Parents, carers or close relatives
- Friends
- Your doctor
- Your nurse
- The hospital Patient Advice and Liaison Service (PALS)
- Your teacher or school nurse
- Your GP
- A specialist sexual health nurse

Any professional that you ask questions of will respect your right to confidentiality. Confidentiality means we will not share information about you without your agreement. Usually anything you tell a healthcare professional or member of hospital staff will be kept confidential, this includes when you talk to doctors, nurses and the PALS Team. The only exception to this is if we think the health, safety or welfare of you, or another person, is at risk. If we need to share information with someone else, we will explain to you why we need to do this and we will support you to talk about it.

Contacting us

If you require any further advice, please contact:

Florey Unit (Sexual Health): 0118 322 7202

Kempton Day Bed Unit: 0118 322 7512 / 8754 (Mon-Fri 7am-7pm)

Lion/Dolphin Wards: 0118 322 7519 / 8075 (outside of these hours)

PALS: 0118 322 8338 PALS@royalberkshire.nhs.uk

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Unit, November 2022.

Next review due: November 2024