

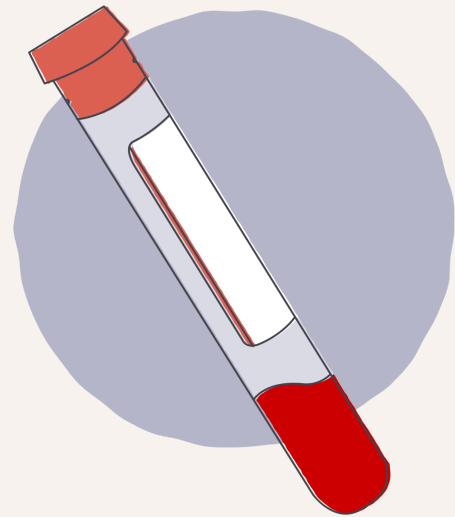
my body

early pregnancy labs

Early in your pregnancy, your midwife will order routine tests on your blood and urine. These tests help to give you and your midwife a basic understanding of your health and check to see if you have any conditions that can impact your pregnancy.

What will happen?

Blood draws are done in the clinic or at a laboratory. A midwife or phlebotomist (a person who draws blood), will place a rubber tourniquet or band around your bicep. This is to help your veins appear. The phlebotomist will then set up their tubes for collection and return to your arm for the draw. The phlebotomist will slide a small needle into your vein and collect your samples into the tubes. If the sight of blood makes you squeamish, you can turn your head away or try to distract yourself with conversation. The collection ends with the phlebotomist placing a cotton swab over the needle while it is removed and then placing a bandage over the site. The whole process usually takes a couple of minutes.



Part of early pregnancy testing also involves providing a clean catch urine sample. While at the clinic, you will be directed to the restroom. The restroom will have a urine cup for you to put your name on. You will need two wipes for your clean catch. Take one wipe and clean the inner folds of the labia. Wipe from the front to the back. Throw the first wipe away and open the second wipe. Use a second wipe to wipe the urethra (the opening where urine comes out). While holding your labia apart, pee a little into the toilet and stop mid-stream. Hold the cup to catch enough urine to fill the cup halfway. Finish urinating into the toilet.

When finished, place the cup on a shelf or cabinet marked for urine samples, wash your hands, and return to your exam room.

Your samples will then be processed by a medical laboratory or in the clinic. You and your midwife will receive a report from the lab that reports back on the health of your sample.

Please note that we do not routinely screen urine samples for drugs, nor would we ever do it without your consent.

What are my options?

You are encouraged to ask questions about any test and you have the right to refuse any test you do not want. No one can draw your blood or take a sample from you without your permission.

What tests are done?

These tests include the following:

- **A1C** measures your average blood sugar levels over the past 3 months. This test is used to help diagnose prediabetes and diabetes.
- **Blood type and Rh factor** to determine your blood type.
- **Complete blood count (CBC)** to count the number of red blood cells, white blood cells and platelets in your blood. That information can show if you have anemia, a weakened immune system, or a clotting issue.
- **Ferritin** is a blood protein that contains iron. This test can help to determine if you are iron deficient.
- **Urinalysis** to check the health of your kidneys.
- **Urine culture** to look for bacteria in your urine. If you have a bacterial infection, you will be treated with antibiotics.
- **(Possible) Varicella immunity** determines if you are immune to chicken pox.
- **(Possible) Thyroid function tests** determine the health of your thyroid gland.

Also, you will be tested for specific diseases and infections early in pregnancy, including:

- **Rubella** (also known as German Measles) can cause physical problems to your baby if you are infected during pregnancy. If your test results show that you have no immunity to rubella, you will need to avoid people with rubella until you give birth. You should be vaccinated with the MMR vaccine (measles, mumps, rubella) after your pregnancy.
- **Hepatitis B and hepatitis C** are infections of the liver. If you have hepatitis, you will receive special care during your pregnancy.
- **Human immunodeficiency virus** (HIV) can be passed to your baby. If you have HIV, you can take medicine to reduce that likelihood of spreading it to your baby and keep yourself healthy.
- **Other sexually transmitted infections** (STIs) like syphilis, gonorrhea, and chlamydia which can cause complications for you and your baby if left untreated.
- **(Optional) Tuberculosis** (TB) is a bacterial infection of the lungs. If you have risk factors for TB (e.g. being around someone with TB or if you are HIV+), you should be tested.

What if my tests are abnormal?

Reference ranges (what is considered normal) is based on non-pregnant people. Sometimes what is normal for pregnant people are outside of these ranges. Your midwife will interpret your results and let you know what your results mean to you.

Still have questions?

We are here to answer all of your questions. You can call or text us at (888) 743-7384 or email us at care@quiltedhealth.com.