

# Routine pregnancy testing before treatment

## Information for young people

This factsheet explains why all female patients who have started their periods are asked to have a routine pregnancy test before certain tests or operations.

### **Why is a pregnancy test required?**

Some procedures, including x-rays, scans and anaesthetics, carry a risk to unborn babies, particularly in the very early stages of pregnancy.

The NHS Commissioning Board Special Health Authority and National Institute for Health and Care Excellence (NICE) have said that all female patients who have started their periods should take a pregnancy test before having certain procedures.

### **What does the test involve?**

On the day of your procedure we will ask you for a urine sample. The test will be done in private, and the result will be available the same day.

You may be asked to agree to the pregnancy test yourself, or your parent or person with parental responsibility may be asked to consent on your behalf.

### **Can I refuse to be tested?**

Yes you can. If it is felt that you are able to consent to the test yourself and you choose not to go ahead, the risks will be discussed with you and a note made in your medical records.

### **However, we recommend that all girls who have had their first period are tested.**

If it is felt that your parent or person with parental responsibility must consent for the test, and they choose that it is not right for you, the risks will be discussed with you both and a note will be put in your medical records.

Please remember that routine pregnancy testing is a way of improving patient safety. By testing all girls and young women who have started their periods we avoid the need to ask personal questions.

### **What happens next?**

#### **If the test result is negative (you are not pregnant):**

We will tell you (if you have asked to be informed). We will also record the result in your medical notes.

### **If the result is positive (you are pregnant):**

Your age and circumstances will determine who will need to be told that you are pregnant.

### **Who will be told the test result?**

In all cases your doctor will need to be told. They will decide if the procedure can still go ahead or whether it needs to be delayed. The result will be recorded in your medical notes.

If we need to tell your parents/carers about the result, we will talk to you first. If you would like our help in telling your parents, this can be arranged.

Depending on your age it may be necessary for the hospital safeguarding team to be informed. The team are here to protect patients who may require extra support to keep them safe.

### **Who can I talk to if I have any questions?**

Your parents/carers

Close relatives

Friends

Your nurse/doctor whilst you are in hospital

Your teacher or school nurse

Your GP

Patient Support Services  
by phone on 023 8120 6325,  
email [patientsupportservices@uhs.nhs.uk](mailto:patientsupportservices@uhs.nhs.uk),  
or in person in the information point inside the hospital main entrance.

### **Confidentiality**

Any professional that you choose to speak to or ask any questions will respect your right to confidentiality.

Confidentiality means that we will not share information about you without your agreement. The only exception to this is if we think that the health, safety or welfare of you, or someone else, is at risk. If we need to share information with anyone else we will explain to you why we need to do this.

### **Useful links**

FPA  
[www.fpa.org.uk](http://www.fpa.org.uk)      0845 122 8690

Brook  
[www.brook.org.uk](http://www.brook.org.uk)      0808 802 1234

NHS  
[www.nhs.uk/Livewell/Sexandyoungpeople](http://www.nhs.uk/Livewell/Sexandyoungpeople)

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.

[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)

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