"I think I'm pregnant...now what?"

Have you taken a pregnancy test? → **NO** →

Pregnancy testing can be done using over the counter test kits or by a medical provider. Check out these options:

- Visit the University Health Center (UHC) to purchase a low cost pregnancy test at the pharmacy, get walk in testing at the lab, or schedule an appointment with a provider for pregnancy testing.
- Stop by the UMD Help Center (3rd floor of South Campus Dining Hall) for a walk-in pregnancy test.
- Purchase a test at a local pharmacy or store, including campus convenience stores
- Schedule an appointment with your healthcare provider

YES

Was it positive? → **YES**

NO

Do you want to be pregnant? →

YES → Connect with a prenatal healthcare facility. We can provide local referrals.

NO → There are termination and support services in our community. We can provide local referrals.

IDK → This is a lot to process. Some options include termination, parenthood, and adoption. We can provide consultations and local referrals.

∗For most accurate results, the best time to take a pregnancy test is the first day of your missed period with a sample of first morning urine.∗

Have you had unprotected sex within the past 3 days/ 72 hours? If you want to try to prevent pregnancy, over the counter Emergency Contraception (EC), like Plan B, may be right for you. This type of EC is available at:

- The University Health Center (UHC) through Reproductive Health and the pharmacy
- Select campus convenience stores
- Over the counter at many pharmacies.

Ella (prescription EC) is effective for up to 5 days after unprotected sex and is available by appointment at the UHC.

Interested in birth control options to prevent future pregnancy?

- Free birth control consultations - if you're not sure which method is right for you.
  - Call 301-314-8190 to schedule an appointment
- Birth control starts and refills (if you know what method you want)
  - Call Reproductive Health at 301-314-8190 or go to myuhc.umd.edu
- Free safer sex supplies grab-and-go style on the ground floor of the UHC

Don't want to schedule with the UHC? Ask us for referrals or talk to your provider.

UHC Contact Information

General Appointments
(including free sexual health consults):
301-314-8184
Reproductive Health Unit:
301-314-8190
Pharmacy: 301-314-8186
health.umd.edu

Health Promotion & Wellness Services

DIVISION OF **STUDENT AFFAIRS**
UNIVERSITY HEALTH CENTER