



Free Pregnancy Testing
for young women in Somerset

Free and confidential
Pregnancy testing services

Pregnancy Testing

When to take a test, how to take a test and what to do next





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How would you know that you might be pregnant?

- If you have had sex without using contraception, the contraceptive failed (for example the condom split), you have forgotten to take your contraceptive pill or been sick after taking it, then you could become pregnant.*
- The most obvious sign of pregnancy is your period is late, but sometimes you can still have a period and be pregnant.

*Remember there may still be time to take emergency contraception





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When should I take a pregnancy test?

- Most pregnancy tests will work from the first day of a missed period.
- If the test is taken too early, it may give a negative result - this is because the test measures a hormone produced during pregnancy, and the levels might be too low very early in a pregnancy.





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Where can I get a pregnancy test?

- Free pregnancy testing is available from clinics in Somerset.
- Some GP surgeries offer free pregnancy testing.
- Pregnancy tests can also be bought from chemists and supermarkets.





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What is involved in having a pregnancy test?

- A sample of urine is tested with a ‘dip and read’ stick.
- The result is given there and then.
- If a test is taken one of the clinics listed in the Somerset C&SH website, they will also be able to discuss the different options available if the test is positive.





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What are my options if I am pregnant?

- If you are pregnant, or think you might be, and don't know what to do next, who to talk to, or whether you want to continue with the pregnancy, it is very important that you talk to somebody who can help as soon as possible.
- If you are pregnant the options include:
 - continuing with the pregnancy
 - different forms of abortion
 - considering adoption
- There will be plenty of help, whichever option you choose. Remember - the earlier you seek help, the more options are available to you.
- Places you can find free confidential help are listed on the Somerset CSH website



Free Contraception & Sexual Health Services

for young women & men in Somerset

Home

Local Services

C-Card

Chlamydia

Other STIs

Pregnant?

Looking After Yourself

Sexual Identity

Links

What contraceptive and sexual health services offer

The services listed here are divided into local geographic areas of Somerset and offer a walk in and/or appointment service.

All the services listed are able to offer confidential information and advice on sexual health and relationship issues. In addition, services offered vary but will include all or some of the following free and confidential services:

- The full range of contraception
- Emergency contraception
- Pregnancy testing and advice
- Condoms (C Card)
- Chlamydia screening
- Sexually transmitted infections testing and treatment

For further details on exact services offered by each clinic either phone the number given or look on the RU thinking website:
www.ruthinking.co.uk

Find your nearest clinic

Click the map on your area to find the nearest clinic.

Alternatively browse through the list of clinics below

