

## Patient advice sheet

# Routine pregnancy testing before treatment

### Information for young people

This advice sheet 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.

### What does the test involve?

On the day of your procedure we will ask you for a sample of urine. The results 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 the test?

Yes, you can. If it is felt that you are able to consent to the test yourself and you choose not to go ahead then the risk will be explained to you and a note made in your medical record of that discussion. If it is felt that your parent or person with parental responsibility must consent and they feel that it is not right for you then the risks will be discussed with you both and a note made in your medical records

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

### What happens next?

#### If the test 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 test is positive (you are pregnant)

Your age and circumstances will determine who will need to be told that you are pregnant, and this will include your doctor who will need to be told. They will decide if the procedure can still go ahead or whether it needs to be delayed.

If we need to tell your parent or carer about the result, we will talk to you first. If you would like our help in telling them, let us know.

Depending on your age it may be necessary for the Children's Safeguarding team to be informed. This team are here to protect young people who may require extra support to keep them safe.

## Who can I talk to?

You can talk to your parent or carer, close relative, friends and a nurse or doctor whilst you are in hospital or your General Practitioner (GP).

## Confidentiality

Any professional you choose to talk to 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 or safety of you, or someone else, is at risk. If we need to share information about you with anyone else, we will explain to you why we need to do this.

## Useful Links

[Sexual health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

FPA

[www.fpa.org.uk](http://www.fpa.org.uk)

### How can I help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention and control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to and after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

**[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)**  
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### Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on  
01296 316042

## Legal Notice

Please remember that this patient advice sheet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

Approvals:  
Paediatric Information and Guidelines Group – 07.09.2023  
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CAP –