



PREGNANCY

Do you think you're pregnant?

If a contraceptive (ex: condom or birth control pill) is not used (or not used correctly or has failed), and sperm or pre-ejaculatory fluid is found near the vagina or vulva during sexual activity, there is a risk of pregnancy.

Is it still time to take an emergency contraceptive? The "morning after pill" can be taken up to 5 days after risky sexual intercourse.

The most observed and significant symptom indicating the possibility of pregnancy is the absence or delay of menstruation.

Other signs can also be observed in early pregnancy, such as nausea, changes in the breasts, more frequent urge to urinate, fatigue, etc. However, many of these symptoms can be associated with other causes that explain their presence.

Only a test (urinary or blood) will be able to confirm whether or not there is indeed a pregnancy. It's recommended to take a test only 5 days before your next period. Before that, the test may not detect the presence of pregnancy hormones.

Pregnancy tests



Urinary pregnancy tests are small devices that detect in the urine the presence of pregnancy hormones: human chorionic gonadotropin (HCG). The embryo formed by the fusion of the ovula and sperm secretes this hormone.

Urinary tests are offered in the form of strips (usually attached to a stick) with special markers that react to contact with urine and reveal within minutes the result. Results are provided by different types of indicators (a "+" or "-" sign or a colored band, for example).

If the test is positive, it will be important to make an appointment with a doctor to perform a **blood pregnancy test**, which will confirm the pregnancy and allow you to determine the next steps.

Reference: <https://www.jeancoutu.com/en/health/health-tips/pregnancy-tests-answers-to-your-questions/>

You can go to the pharmacy to get a urine test (\$).
You can also consult a nurse or a doctor (e.g. school, CLSC, etc.).
They will also be able to inform you about blood tests if necessary.





IT'S POSITIVE. WHAT ARE YOUR OPTIONS?

You will have to make a choice:

- keep the baby
- place the baby for adoption
- have an abortion



These are three big decisions for which there is no turning back. Take the time to ask yourself what you really want.

Do not hesitate to seek support or consult with a professional to help you in this decision. You can also talk about what you're going through to someone you trust: your partner, your friends, your parents... No one can or will decide for you, but this support is important!

If you are 13 years of age or younger, your parents must be informed, regardless of your decision. That is the law. If you are over the age of 14, however, you are not required to notify them.

LEARN MORE ABOUT ABORTION

To end an unwanted pregnancy, you can have an abortion. The procedure is free of charge with the health insurance card.

Hospitals, several CLSCs and private clinics can perform the abortion procedure. Start by visiting your CLSC or your usual clinic as they will be able to guide you.

An abortion is usually performed between the 5th and 12th week of pregnancy. In Canada, an interruption of pregnancy can be obtained for up to 20 weeks, depending on the situation. It is best to make an appointment as soon as your decision is made, since abortion methods are simpler in early pregnancy.

An abortion rarely leads to physical complications, but some emotional consequences can occur. Be accompanied (during and after) by a trusted person.

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
CIUSSS-ODIM



RESOURCES

- **Info Santé #811 (Health line)**
- **Your CLSC**
- **S.O.S. Grossesse**
418 682-6222 / 1 877 662-9666
www.sosgrossesse.ca
Phone support and information service for any question relating to pregnancy, contraception and sexuality.
- **It's a plan**
www.itsaplan.ca
- **Tel-Jeunes**
1 800 263-2266 / Texts : 514 600-1002 (Montreal)
www.teljeunes.com

