

## Appendix C

# PREGNANCY CHECKLIST

This section details a pregnancy checklist that can be used by a potential FP client to be reasonably certain that she is not pregnant. A woman who answers “no” to all the questions may or may not be pregnant. In such situations, she may have to use a backup method and will need to wait either until her next monthly bleeding to start her method of choice or until she is certainly not pregnant. Some examples of reasons why a woman may have not experienced monthly bleeding include the following:

- She has given birth more than 6 months ago and is still breastfeeding.
- She continues to have no monthly bleeding after recently stopping a progestin-only injectable.
- She has a chronic health condition that stops her monthly bleeding.

The following may be conducted to further assess the client’s pregnancy:

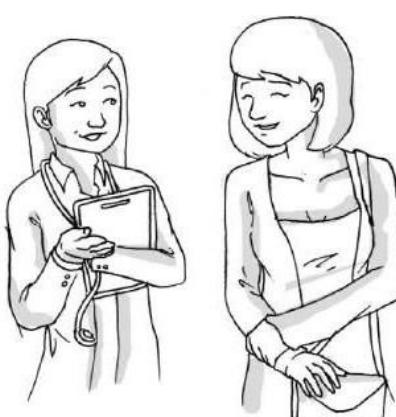
- The client may take a pregnancy test.
- The health provider may perform a pelvic examination and note the size of the uterus. Ask the client to come back after four weeks to reassess any change or increase in the size of the uterus if monthly bleeding has not returned. Instruct the client to use a backup method during this period.

When the client returns, perform the following:

- Provide the client with her preferred contraceptive method if she returns with monthly bleeding
- Perform a second pelvic examination if the client returns still without monthly bleeding after four weeks.
  - A woman who previously had regular monthly bleeding and now has NO bleeding is most likely pregnant and would have some enlargement of the uterus.
  - A woman showing no enlarged uterus, exhibiting no other signs and symptoms of pregnancy, and using a backup method consistently and correctly may avail of her preferred contraceptive method. Advice the client to continue her backup method for the first few days of use, as specified for each method.

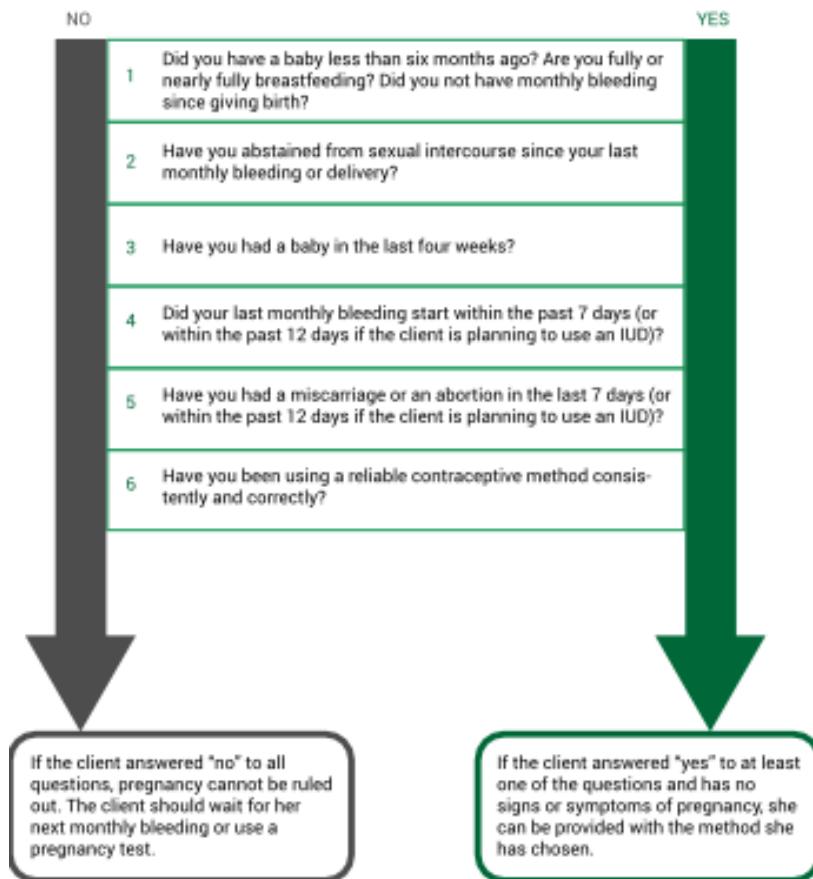
If neither a pregnancy test nor a bimanual examination is available, perform the following:

- Provide the client with a backup method and ask her to return during her next monthly bleeding or in 12 to 14 weeks, whichever comes first.
- The client’s preferred contraceptive method may be provided when her monthly bleeding returns. However, if she still does not have bleeding after 12 weeks to 14 weeks, she may be pregnant or have an underlying health problem that causes her to have no monthly bleeding. Refer for appropriate assessment and care.



## THE PREGNANCY CHECKLIST

- Ask the client questions 1 to 6. When the client answers “yes” to any question, stop and follow the instructions below.
- If the client answers “yes” to at least one of the questions and she has no signs or symptoms of pregnancy, give her the method she has chosen.
- If the client answered “no” to all questions, pregnancy cannot be ruled out. The client should wait for her next monthly bleeding or use a pregnancy test.



Reference: Family Health International (2002). Checklists: Provider Checklists for Reproductive Health Services.