



NEXT STEPS AFTER LEARNING YOU'RE PREGNANT

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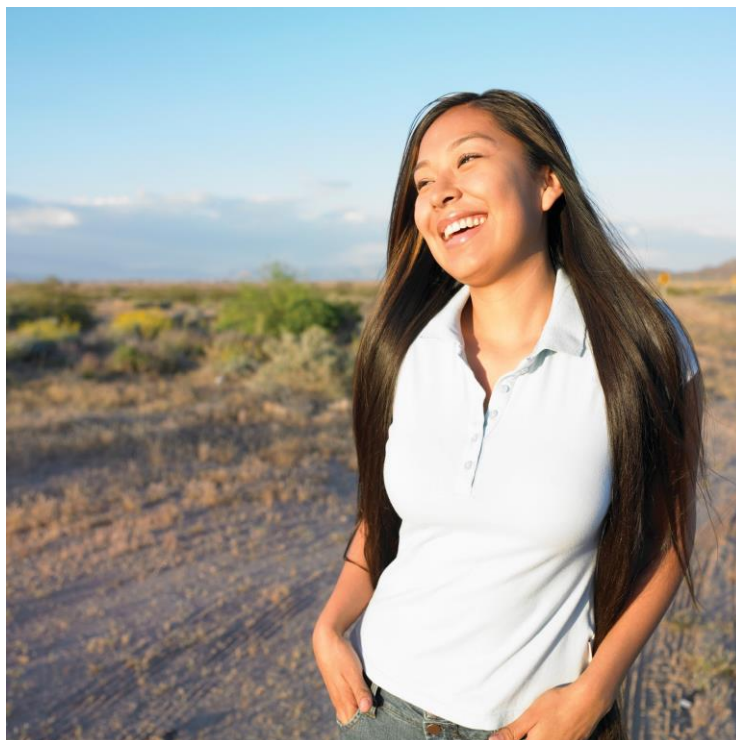


PREGNANCY TEST

If you think you're pregnant, you can either
buy a pregnancy test from the store
(available at Shopko for around \$40) or
contact your medical provider at IHS or

elsewhere to arrange for a pregnancy test. It's quick and painless, and normally it only requires a urine sample. The pregnancy test is free at the IHS facility.

The urine test is considered accurate if you are at least 2 weeks "late" for your expected period. If you have irregular periods, the test is only accurate beyond 6 weeks after your last period. You can also get a blood test to check if you're pregnant. The doctor might also give you an internal exam or perform an ultrasound exam to confirm.



How can you tell if you're pregnant?

Early signs of pregnancy may include:

- ◇ Missed period
- ◇ Nausea
- ◇ Unusual tiredness
- ◇ Full, tender breasts
- ◇ Frequent urination
- ◇ Change in appetite
- ◇ Vaginal spotting

STARTING YOUR
JOURNEY TO

MOTHERHOOD

If you're pregnant, there are many places you can go in the SWO community for advice and medical help.

Talk with as many people as you can to learn about their pregnancy experiences. Speaking with your parents, grandparents, siblings, cousins, and friends can help with understanding what is normal and what is not. Talking with elders about the importance of your pregnancy in the Dakota culture can help you to find a sense of purpose throughout your experience. Arrange for proper prenatal care by calling IHS's prenatal care clinic if you live close to downtown Sisseton. Prenatal care means you or a doctor prepare for your baby to be born and make sure both you and your baby are healthy.

Doctor appointments can be stressful, especially if you don't always understand why certain procedures are being done. Never be afraid to ask questions!