

## PREGNANCY TESTING AT CREW

Crew offers a free, confidential pregnancy testing service.

We use our private consultation room in the Crew Drop-In for testing services.

As it is part of our Drop-In services (**Mon-Fri 1-5pm** except **Thurs 3-7pm**) there's no need to make an appointment but it might be best to check ahead that a qualified support worker is available to see you.

## REASONS FOR TESTING

You might be thinking about having a pregnancy test for a number of reasons but the main ones are:

- You have had unprotected sex recently
- Your periods have stopped, or you are having an unusual light 'pink' period

## SO WHAT IS THE TEST?

The test can be done 1 week after a missed period or 2 weeks after you've had sex. It simply involves giving a urine sample (come along ready to pee: don't bring samples in please!) and results take only a few minutes. We will ask a few questions about why you think you might need a test and to see if there's anything you're worried about.



## THE RESULTS

**If your test result is positive** (showing you are pregnant), we will discuss your options and connect you to the right services to help you to come to a decision that is right for YOU.

You don't need to make any decisions there and then: we would recommend that you don't rush into any decisions until you have considered all of your options.

Options for pregnancy are:

- ending the pregnancy (abortion)
- completing the pregnancy & keeping the child
- completing the pregnancy & considering adoption

**If the test is negative**, it may be a good time to think about how this makes you feel. If pregnancy is something you have discussed and hoped for, you might feel disappointed. It may be worth thinking about how to plan a pregnancy: we can help discuss this with you.

If you feel relieved, it is worth looking at contraception choices.

At Crew we also provide **free condoms** for anyone aged 13 years and over (through the NHS Lothian *c card* scheme).



- Finding out about a pregnancy can be very emotional and everyone feels differently.
- Don't Panic! Crew and other local services are here to help.
- **We will not tell you what you should do next:** we will just help you look at the options and connect to the best services to support you in whatever decision you make.
- Don't rush into a decision: consider all your options and talk with a trusted person – a family member, friend or partner, or with the other parent, if that is an option.

## OTHER USEFUL LINKS:

### Healthy Respect

[www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

### Brook

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

### Childline

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

**Ready Steady Baby** (NHS Scotland Pregnancy Resources)

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

### Adoption & Fostering Options

[www.baaf.org.uk/info/pregnant](http://www.baaf.org.uk/info/pregnant)



Call us on **0131 220 3404** or pop into the Drop-In shop for any drugs or sexual health information, for more information about blood borne viruses testing or pregnancy testing.

**Our pregnancy testing service is available at the Crew Drop-In shop:**

**Mon – Sat 1- 4.30pm  
(3-6.30pm Thurs)**

Or

**you can call the Drop-In Team (0131 220 3404) for an appointment**

#### **APPOINTMENT**

**DATE:** \_\_\_\_\_

**TIME:** \_\_\_\_\_



**32 Cockburn Street,  
Edinburgh, EH1 1PB**

**For more information contact:**

**Tel: 0131 220 3404**

**Email: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)**

**Learn more online:**

**[www.crew2000.org.uk](http://www.crew2000.org.uk)**

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Information about  
Crew's Pregnancy Testing Service