



## Understanding the Reveal Home Pregnancy Test

The Reveal Home Pregnancy Test is an extremely quick, sensitive and reliable indicator of pregnancy. It works by detecting the presence of a hormone called hCG (Human Chorionic Gonadotropin) in the urine – hCG is produced by the placenta, and is not normally present in urine in women.

Each pregnancy test has specific chemicals dried within it. The test stick can be either dipped in urine held in a container (the cup method) or, the absorbent end directed in the flow of urine (the midstream method). This urine sample then travels along the test stick and if hCG is present in the urine sample it will form a complex with coloured particles which have an antibody to hCG bound on it. This complex will be bound by another antibody known as the “capture” antibody and a visible pink line will appear. A pink control line will always appear to show that the test has worked properly.

On occasions, the test indicates positive, but on further examination by a doctor, pregnancy cannot be confirmed. There are two reasons why this may occur.

Firstly, there may have been a procedural error. The red control line contains a tiny amount of hCG dried in the membrane. Sometimes urine accidentally splashes onto the result window and washes a small amount of that hCG on the capture antibody. The result can be that a faint pink line may appear indicating positive for pregnancy (false positive).

Secondly, a positive result may have been seen after a natural termination. Statistics obtained from published literature show that natural termination occur in 22% of clinically unrecognised pregnancies, and 31% of pregnancies overall. Such natural termination may be characterised by menstruation slightly later than the regular cycle, and possibly with a heavier flow than normal. Levels of hCG still circulate in the bloodstream for some time after a natural termination before passing out in the urine, and therefore it is still possible to see a positive result for a short time afterwards.

Levels of hCG also circulate after delivery, abortion or receiving hCG injections. In extremely rare cases hCG levels are elevated as a result of medical conditions other than normal pregnancy. Whenever there is any doubt about such results, the family doctor should be consulted.

The Reveal Home Pregnancy Test has been shown to be an extremely reliable test when performed in accordance with the instructions. To minimise the risk of a variant result:-

- a) Please read the test instructions carefully before use and the “questions and answers” section on the back after use.

- b) Please remember that the Reveal Home Pregnancy Test is only an indication of pregnancy – it is your family doctor who will make the diagnosis, and you should always consult your doctor immediately if you have any doubts at all.

### **Your Questions Answered**

Q. HOW SOON AFTER MISSING MY PERIOD CAN I PERFORM THE TEST?

A. The test stick is so sensitive that you may test your urine as early as the first day after you miss your period.

Q. WHEN IS THE BEST TIME OF THE DAY TO MAKE THE TEST?

A. The best time is the first urine of the morning where the levels of Human Chorionic Gonadotropin (hCG) are highest. Drinking large amounts of liquid before testing may dilute the hCG in your urine.

Q. HOW SOON CAN I READ MY TEST RESULTS?

A. If you have followed the instructions carefully, you can usually see the result in 1 to 5 minutes. Do not read the Result Window BEFORE the pink line appears as the test has not had enough time to work accurately.

Q. AFTER 10 MINUTES I STILL CAN'T SEE ANY LINES.

A. You may not have allowed sufficient urine to soak the Test end of the stick. The longer you allow the stick to absorb urine, the clearer the result.

Q. HOW DARK DOES THE PINK LINE HAVE TO BE?

A. It does not matter how dark or faint the pink line is for it to indicate a positive pregnancy result. But if you are still unsure, wait 2 days and repeat the Test with a new stick.

Q. HOW ACCURATE IS THE TEST?

A. The accuracy level is greater than 99%. In studies, 185 women using the Test as instructed gained the correct result. In laboratory tests 411 samples of urine were tested and all 411 were correct when compared to hospital laboratory test procedures.

Q. SUPPOSE I HAVE A MEDICAL CONDITION?

A. An unexpected positive result could occur if you suffer from some medical conditions where hCG levels in the urine are higher than normal. A false positive result could also occur after delivery, abortion or a natural termination.

Q. COULD MY MEDICATION AFFECT THE TEST?

A. Yes. A false reading can also occur where certain medicines containing hCG like Peregale are taken. Painkillers, contraceptive pills, hormone therapies, alcohol should NOT affect the result. If you repeatedly get false readings, consult your doctor.

Q. MY TEST IS POSITIVE, WHAT SHOULD I DO NOW?

A. You should see your doctor to confirm you are pregnant.

Q. MY TEST IS NEGATIVE, WHAT SHOULD I DO?

A. If your period has not started, it may be because you have miscalculated the day your period was due. A negative Test may also result from a very early pregnancy with low levels of hCG. If you suspect you ARE pregnant, wait a few days and repeat the Test with a new stick. If the Test remains negative, consult your doctor.

Q. I AM WORRIED BY MY TEST RESULT, WHO CAN HELP ME?

A. Your own doctor or local Family Planning Clinic will be able to give you help and advice. Alternatively, free advice is available from the Family Planning Associations' Contraception Helpline on 0845 310 1334 or [www.fpa.org.uk](http://www.fpa.org.uk). For younger people under the age of 25, from the Brook Advisory Centres Helpline on 0207 284 6040 or [www.brook.org.uk](http://www.brook.org.uk). Both organisations are registered charities.