

Pregnancy Scenario 1

You are a 31-year-old married woman in a monogamous relationship. You would like an IUD because you feel you have enough children and your youngest child is two years old. Your last pregnancy was unplanned, but you miscarried four days ago, when you were only about eight weeks pregnant.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

She has had a miscarriage in the past four days and, hence, would answer “YES” to question 5 — *Have you had a miscarriage or abortion in the past seven days (or within the past 12 days if you are planning to use an IUD)?*

3. What course of action would you take next?

Continue screening for the client’s medical eligibility for the IUD and, if she is a good candidate, insert an IUD (or refer to a higher-level provider for insertion).

Pregnancy Scenario 2

You are a 17-year-old single woman who wants to start using oral contraceptives. You are regularly having sex (every two to three days) with your partner, who has been using condoms most of the time, but not always. You do not have any children, and your last menstrual period started 14 days ago.

1. Is pregnancy ruled out for this woman?

No.

2. Why or why not?

Because the client has effectively responded “NO” to all six questions:

- She does not have children, so her response would be “NO” to questions 1 and 3.
- She is having sexual intercourse with her partner and he uses condoms MOST, but not ALL, of the time. Hence, her response to questions 2 and 6 should be “NO.”
- She started her last menstrual period 14 days ago. Therefore, her response to questions 4 and 5 should be “NO.”

3. What course of action would you take next?

Since pregnancy cannot be ruled out, the woman cannot initiate oral contraceptives at this time. If pregnancy tests are available, use one to determine if she is pregnant. If a test is not available, advise the client to come back during her next menses and provide her with condoms to use in the meantime. (**Note:** If there are no other contraindications, she may also be given an advance supply of pills to start taking as soon as she gets her next menses.) If she misses her next menstrual period, tell her to come back in four weeks for an exam or refer to a higher level of care to confirm pregnancy

Pregnancy Scenario 3

You are a 32-year-old woman who would like to start using COCs. Your youngest child is four years old. Your last menses began about two weeks ago. You have not had sex in about a month.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

Even though her responses to questions 1, 3, and 4 would be “NO,” she responded “YES” to question 2, indicating she has not had sex in about a month and her last menses began two weeks ago. This means she has abstained from sexual intercourse since her last menstrual period.

3. What course of action would you take next?

Screen the client to determine if she is medically eligible to use COCs, and if she is, provide her with COCs.

Pregnancy Scenario 4

You are a 20-year-old woman who has only one partner, and you are not using any form of contraception. You do not want a child any time soon and so would like to begin using DMPA. You gave birth 22 days ago to a healthy son and you have not had a menstrual period since. You are not breastfeeding your son.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

Even though her responses to questions 1, 2, 4, 5, and 6 would be “NO,” she responded “YES” to question 3, indicating that she gave birth 22 days ago. This means she has had a baby in the last four weeks.

3. What course of action would you take next?

If you or another qualified provider has determined that she is medically eligible to use DMPA, proceed with administering her DMPA injection. The client will need to abstain from sex or use additional contraceptive protection for the next seven days.

Pregnancy Scenario 5

You are a 23-year-old woman who has been in a refugee camp for a month with your two children, a three-year-old and a four-month-old. You were raped the night before and friends brought you to a nurse to receive care for your wounds. You are concerned that you may have gotten pregnant, since you were not on contraception. You have been fully breastfeeding your infant and have not had any menstrual bleeding since you gave birth.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

She would respond “YES” to question 1, indicating that she has been fully breastfeeding her infant of four months and has not had any menstrual bleeding. This means she fulfills the LAM criteria of having a baby less than 6 months old, fully or nearly-fully breastfeeding, and having had no menstrual period since delivery. She is therefore protected against pregnancy.

3. What course of action would you take next?

Counsel her on available contraceptive options to use after she no longer meets the LAM criteria. If the client is concerned about pregnancy even after LAM has been explained, you may provide emergency contraception without fear of harming the mother or the breastfeeding child. The provider should counsel the client about risk of STIs/HIV, describe possible signs of infection, explain available options (presumptive treatment, future screening/testing), and where to obtain these services if needed. Depending on the resources available and your level of training, you could also collect forensic evidence, perform a physical exam, and prescribe treatment.

Pregnancy Scenario 6

You are a 27-year-old married woman who has been using DMPA for three months and are returning for a reinjection. You do not have any children and do not want to conceive in the near future. Although you have had a normal period within the past six days, you are worried about being pregnant because you are late for your injection by three weeks and had sexual intercourse yesterday.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

Although she is late for her injection and has had sex after the allowed two week grace period, she would respond “YES” to question 4, since she had her menstrual period within the past six days. Hence, she is still within seven days from the start of her menses, when pregnancy is highly unlikely.

3. What course of action would you take next?

You can be reasonably sure that this woman is not pregnant. Counsel her on the importance of not missing her injections and give her the date to return for her next injection. If the client would like to continue using DMPA, check for any new conditions to determine if she is still a good candidate. If she is, reinject the woman with DMPA.

Pregnancy Scenario 7

You are a 35-year-old married woman who started using DMPA a year ago. You are returning to the provider because you have not had a menstrual period for the past several months and you are worried that you may be pregnant. You have never missed an injection. You have a one-year-old child and do not want to conceive in the near future, and so far you are otherwise satisfied with your method of choice.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

Pregnancy is ruled out because she would respond “YES” to question 6, indicating that she has been using DMPA for a year and has never missed an injection. Hence, she has been using a reliable contraceptive method consistently and correctly.

3. What course of action would you take next?

Counsel her on the side effects of DMPA, one of which is amenorrhea, or lack of menses. Amenorrhea often develops after DMPA is used for a year or so. Assure the woman that this is not a harmful condition. It is not a sign of illness and, in this case, it is not a sign of pregnancy. If the client would like to continue using DMPA, check for any new conditions to determine whether she is still a good candidate for this method. If she is, adhere to the woman's regular schedule for injections.

Pregnancy Scenario 8 *(optional scenario for training pharmacists)*

You are a 30-year-old woman waiting at a pharmacy for a medication to treat chlamydia (such as doxycycline). You started your period three days ago.

1. Is pregnancy ruled out for this woman?

Yes.

2. Why or why not?

Pregnancy is ruled out because she would respond "YES" to question 4, indicating that her period started three days ago. Hence, she is still within the first seven days of her menstrual cycle.

3. What course of action would you take next?

You can be reasonably sure that this woman is not pregnant. You may wish to thank her for her honesty and state the complications that might have occurred if she had not answered truthfully. Provide her with medication for a chlamydial infection.