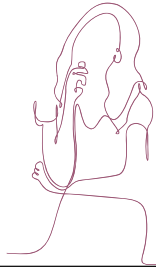


Negative Pregnancy Test

Possible reasons for missing your period



Life changes may affect ovulation

- Excess physical or emotional stress
- Very high or very low body weight
- Recent large weight change
- If you have been under a lot of stress, consider talking with someone for support



Birth Control

- Pills, shots, patches, or implants can affect periods
- Plan B/Morning After pill can disrupt your cycle
- Talk with your doctor if your period does not return



Breastfeeding or Menopause

- Breastfeeding often prevents periods
- If you are over 45, you may be entering menopause, which can cause irregular periods



Something to consider

- Avoid alcohol, drugs, and smoking until you know for sure
- Consider prenatal vitamins to support your nutrition and early fetal development
- You could still become pregnant, even if your period hasn't started

PREGNANCY
CARE CENTER

Questions? Need Resources?

We are here to help you make the best decision for yourself. Call us at **210-614-4124** if you have any questions or need resources to help in your decision. You are not alone.

Learn more about pregnancy health at:



SCAN ME