

# Things To Do After A Positive Result In The Soap Pregnancy Test



Test with a medical home pregnancy test kit. If this comes out to be positive as well, let your partner and family know.

Meet a healthcare provider to know the next steps forward.



Make appointments for prenatal ultrasounds and required lab tests.

Take good care of yourself. Follow a balanced diet, exercise regularly, rest adequately, and quit smoking and alcohol.



Try not to feel burdened and overwhelmed.