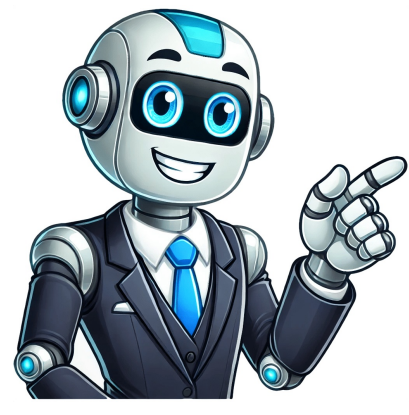


I'm not a bot



Could alcohol affect a pregnancy test

PrecapCan you take a pregnancy test while on period? Yes, you can take a pregnancy test if you're having your period. Some women continue to have a period during pregnancy. After waiting for the missed period you might get anxious to test. Collect your urine allowing the blood clots to settle and you can take a test. Can you get a positive pregnancy test while on period? Yes, if you're way ahead in pregnancy with enough hCG you will get a BFP regardless.PREGNANCY TEST! How to take a pregnancy test? When should I take a pregnancy test? Can you take a pregnancy test while on period? Can a pregnancy test be wrong? How soon can you take a pregnancy test?And so on and so forth there is a flood of requests from our readers to answer pregnancy test FAQs.Can you take a pregnancy test while on period?Yes. You can take a pregnancy test during a period if you see symptoms of pregnancy.Some women might confuse implantation spotting as period and will have symptoms of pregnancy.In such a scenario you'd like to take a pregnancy test to confirm your state. Implantation bleeding is due to the egg embedment.Spotting during pregnancy happens for many reasons. The period blood in urine can settle down and give a clear sample.You can store urine for 24 hours and it will still be perfect for a pregnancy test.So collect your early morning urine and take a pregnancy test while period.The reason why we recommend taking a pregnancy test during menses is that some women get period during pregnancy.And this continues for the first three months.If a woman continues to ovulate even during pregnancy then she is at the risk of superfetation.This is getting pregnant while you are already pregnant.It is important to tell your doctor if you see symptoms of pregnancy but get period.Can You Take A Pregnancy Test While On Period?Another possibility is that you may be suffering from some serious disease.The toxicosis during pregnancy is similar to symptoms of many diseases like Endometriosis.So taking a pregnancy test during the period will confirm whether you are pregnant or not.This will open the ways of consulting the right doctor for treatment before further damage.If you are on a period, can you be pregnant?It is possible that you get pregnant during a period.This can be due to misinterpretation of pregnancy spotting as period or chance event.It can also be that you have breakout bleeding during pregnancy at the time of the expected period. This means that you are pregnant and are having a period after that.Some women might have brown discharge during pregnancy which also looks like a period. If you don't change your pad then even period blood looks brown.Can you get a positive pregnancy test while on your period?If you are having a period during pregnancy then you will get a positive pregnancy test.After getting a positive pregnancy test you must get a blood pregnancy test at the hospital. Hospital pregnancy test will confirm whether you are pregnant by using a blood test. Blood serum hCG levels are higher than urine hCG levels.You need to take precautions such as cutting down caffeine intake and quit smoking after you are pregnant.You may need to take a blood group test and pedigree analysis for predicting any possible disorders in the baby.Can you take a pregnancy test before missed period?Early pregnancy tests are for this purpose. They have an accuracy of 60% before five days from missed period.Implantation occurs one week before period and after it, hCG levels start rising. You can take a pregnancy test once the hCG levels reach the sensitivity levels of a particular brand.Taking a pregnancy test before a missed period is necessary for detecting unwanted pregnancy.A pregnancy blood test can detect pregnancy after 2-3 days from implantation. There is a super early pregnancy test that can detect pregnancy even before implantation soon after sex.This group releases in the blood of a pregnant woman after 48 hours from fertilization. But the preimplantation failures give it a high false positive pregnancy test rate of 17%.So a beta hCG pregnancy test is the most reliable pregnancy test before a period.How do home pregnancy Test kits work?A home pregnancy test detects hCG levels in your urine sample.This hormone comes in your urine after implantation occurs. The hormone further regulates other pregnancy hormones and progresses it.When you take a pregnancy test it has an hCG strip. Even if you are using a digital pregnancy test there is an hCG strip inside it.This strip has particles that can detect hCG in your urine. A pregnant woman has hCG in her urine.Qualitative pregnancy tests only detect whether there is the hormone or not. A positive pregnancy test means that you are pregnant.But there are cases of false negative pregnancy tests when you take a test too early. After a woman gets a pregnancy test result she wants to gauge all possibilities that can affect the validity of the result.She might doubt if alcohol affects pregnancy test or can period blood affect results.The pregnancy tests have such a high precision that very few substances interfere with the results.Fortunately period is not one of them.You can allow the urine sample to sit for some time and take a pregnancy test.So...Can You Take A Pregnancy Test While On Period? Yes! Share – copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt – remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution – You must give appropriate credit – provide a link to the license, and indicate if changes were made. – You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike – If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions – You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation. No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Alcohol does not directly affect the results of a pregnancy test, unless it impairs your ability to take the test correctly.Share on Pinterest!The realization that you've missed your period can occur at the worst time — like after having one too many cocktails.But while some people might sober up before taking a pregnancy test, others want to know as soon as possible — even if it means taking a pregnancy test while still tipsy.Does alcohol affect a pregnancy test? And can you trust the results if you're drunk? Here's what you need to know.Over-the-counter home pregnancy tests involve peeing on a stick and waiting for a symbol indicating yes or no. They're fairly accurate when taken a day after your missed period. But there's always the possibility of error. So it's important to follow the instructions carefully.Pregnancy tests can often detect this hormone within 12 days of implantation of an egg. So if you've recently missed a period, taking a pregnancy test on the first day of your missed period could provide an accurate result — although you should retest again a few days later if you still haven't gotten your period.So we've established that pregnancy tests detect hCG — and hCG isn't in alcohol.If you've had booze — but want to take a pregnancy test as soon as possible — the good news is that the alcohol in your system won't likely affect the accuracy of a home pregnancy test. Since alcohol on its own doesn't increase or decrease the level of hCG in blood or urine, it won't directly change the results of a pregnancy test.But while alcohol doesn't have a direct effect on a pregnancy test, it can have an indirect effect if your body has only just started producing hCG. In theory in this scenario, alcohol — as well as a lot of other factors — could possibly result in a false negative. Hydration levels do have a small effect on home pregnancy tests, since the concentration of hCG in your urine matters.After drinking, you might feel thirsty and slightly dehydrated. Because you've had all the good advice about keeping your body hydrated during and after a few drinks — and to fight your thirst — you may choose to increase your water intake. Drinking too much water can also dilute your daytime urine. In this case, a pregnancy test might have more difficulty detecting the hCG hormone. If so, your test might come back negative when you're actually pregnant. (Home pregnancy test instructions typically say to use your "first morning urine," when you're slightly dehydrated and your pee is more concentrated, for a reason.)This false negative isn't due to the alcohol itself, but rather the amount of water you've consumed. This would only happen during a small window of time before your hCG has built up enough to produce a clear positive, regardless of how hydrated you are.Keep in mind, too, that taking a pregnancy test while drunk means you're less likely to follow the instructions. If you're dizzy or unsteady, you might not get enough urine on the stick. Or you might check the results too soon and think you're not pregnant when you actually are.If you receive a positive test result after drinking, there's nothing you can do about alcohol already in your bloodstream. From this point forward, though, stop drinking. Drinking alcohol while pregnant can affect your baby's growth and development. We cannot recommend any alcohol once you are pregnant, as even occasional use can cause problems. So the sooner you refrain from alcoholic beverages, the better.If you're trying to have a baby, you should also stop drinking now. It might seem like it's OK to drink up until conception. Keep in mind, though, that you might not learn about a pregnancy until you're at least 4 or 6 weeks. You don't want to unknowingly expose the growing fetus to alcohol. Drinking alcohol during pregnancy can sometimes lead to a miscarriage or stillbirth. Err on the side of caution if you're trying to get pregnant and avoid alcohol until you know for sure you're not pregnant yet. If you're trying to conceive, it's recommended that you begin taking every step possible to be healthy. This includes stopping unhealthy substances like alcohol, tobacco, marijuana, and illegal drugs. [9-10] Even though you may not be pregnant yet, research shows that alcohol use may affect both female and male fertility, potentially hurting your chances of conceiving. [10-12] Plus, if you're taking a pregnancy test, there is a chance that you are currently pregnant. Alcohol can have significant negative effects on a developing fetus, including developmental disabilities, stillbirth, miscarriage, and fetal alcohol spectrum disorder (FASD). [9-10] So, the short answer is that if you might be pregnant or are hoping to conceive soon, it's best to avoid using alcohol. What Happens if I Was Drinking Before I Knew I Was Pregnant? The best thing you can do once you find out you are pregnant is to stop drinking. Drinking alcohol during pregnancy doesn't guarantee that an FASD or other complications will occur, but it does increase the risk of these conditions. [9-10] If you were drinking before you knew you were pregnant, there are still steps you can take to promote healthy outcomes and advocate for your child. First, you should speak with a healthcare provider soon after you find out you are pregnant. Regular prenatal visits are extremely important and can improve pregnancy outcomes. [9-10] Alcohol use early on can lead to some complications, including FASD. In many cases, it may not be easy to identify FASD in newborns, but there are psychologists, specialists, and pediatricians who have experience working with children with FASDs should you need their help down the road. [9] Discover Pregnancy Tests & Other Essentials from Natalist The negative impact of alcohol on conception and pregnancy is well established and has led to the strong recommendation to avoid alcohol when TTC and during pregnancy. While testing for pregnancy can be anxiety-inducing for some, try to calm yourself by drinking an herbal tea, taking a bath, or meditating. While alcohol itself will not impact your pregnancy test results, alcohol use during early pregnancy can have negative consequences. Get clear, fast, and early results you can trust with Natalist pregnancy test kits, ovulation test kit, women's fertility test, and women's prenatal vitamins with folate for optimal fertility support. Also, ensure you're getting essential nutrients to support overall health and well-being. Moreover, for men actively involved in conception, consider prenatal vitamins for men to optimize reproductive health. Keep reading about fertility and pregnancy on the Natalist blog. References: U.S. Pregnancy Rates Drop During Last Decade. CDC. April 2023. Brannum AM, Ahrens KA. Trends in Timing of Pregnancy Awareness Among US Women. Matern Child Health J. 2017;21(4):715-726. doi:10.1007/s10995-016-2155-1 Betz D, Fane K. Human Chorionic Gonadotropin. [Updated 2023 Aug 14]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan. Available from: Human Chorionic Gonadotropin. Cleveland Clinic. March 2022. Gnoth C, Johnson S. Strips of Hope: Accuracy of Home Pregnancy Tests and New Developments. Geburtshilfe Frauenheilkd. 2014;74(7):661-669. doi:10.1055/s-0034-1368589 Eskandar MA, Al-Shahrani M, Shaamash A, El-Emin M, Al-Ahmad M, Payoud B. 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Published 2017 Oct 23. doi:10.1038/s41598-017-14261-8 Dr. Kenosha Gleaton is board-certified in gynecology and obstetrics and is the Medical Advisor of Natalist. She received her MD from MUSC and completed her residency at Carolinas Medical Center in Charlotte, NC. Dr. Gleaton is passionate about women, health equity, and mentoring. She is the CEO of The EpiCentre, an OBGYN spa-like practice, and is a Clinical faculty member of Charleston Southern University. She is also a member of the American College of Obstetrics & Gynecology, the American Association of Gynecologic Laparoscopists, and the American Association of Professional Women. When it comes to taking a pregnancy test, many factors can influence the accuracy of the results. One common question that arises is, "Can alcohol affect a pregnancy test?" Pregnancy tests work by detecting the presence of the hCG hormone in urine, which is only produced during pregnancy. While alcohol consumption can potentially impact certain bodily functions, studies have shown that it does not interfere with the accuracy of pregnancy tests. Understanding how alcohol and pregnancy tests interact is essential for individuals seeking reliable results. Despite concerns about substances like alcohol affecting test outcomes, research has found that alcohol consumption does not lead to false positives or negatives on pregnancy tests. Therefore, individuals can rest assured that enjoying a glass of wine or beer should not sway the results of their pregnancy test. While alcohol may not significantly impact pregnancy test results, it's crucial to consider other factors that can affect the accuracy of these tests. Medications, medical conditions, and even testing too early or too late in the menstrual cycle can all influence the outcome of a pregnancy test. By understanding these variables and staying informed, individuals can ensure they are taking their tests under optimal conditions to receive accurate results. Understanding Alcohol and Pregnancy TestsWhen it comes to taking a pregnancy test, many factors can come into play that may influence the accuracy of the results. One common question that arises is whether alcohol consumption can affect a pregnancy test. While some people may believe that alcohol could interfere with the results, in reality, alcohol does not have any significant impact on the outcome of a pregnancy test. The science behind pregnancy tests is based on detecting the presence of human chorionic gonadotropin (hCG) hormone in urine. This hormone is produced by the placenta shortly after a fertilized egg attaches to the uterine lining. The hCG hormone levels increase rapidly in early pregnancy, and this is what pregnancy tests are designed to detect. Alcohol consumption, however, does not alter or mask the presence of hCG in urine, which means that it does not affect the accuracy of a pregnancy test. While there are certain medications and medical conditions that can potentially skew pregnancy test results, alcohol is not one of them. The trustworthiness of a pregnancy test result relies mostly on following the instructions provided with the test kit and taking it at the recommended time after a missed period. So, if you have been concerned about how alcohol consumption might affect your ability to take an accurate pregnancy test, rest assured that you can still rely on its results regardless of having consumed alcohol. Factors That Can Affect Pregnancy Test ResultsMedications and Medical ConditionsVarious medications and certain medical conditions can potentially impact the accuracy of pregnancy tests. Medications that contain hCG, such as some fertility drugs, can produce false-positive results. Additionally, medical conditions like ovarian cysts or certain types of cancers can also lead to false-positive pregnancy test results. It is crucial for individuals to be aware of any medications they are taking and their medical history when interpreting the results of a pregnancy test. Comparison With Alcohol ConsumptionIn contrast to medications and medical conditions, alcohol consumption typically does not affect the results of a pregnancy test. The presence of alcohol in the body does not interfere with the mechanism by which pregnancy tests detect hCG levels in urine. Therefore, individuals who have consumed alcohol before taking a pregnancy test should not worry about it affecting the accuracy of the results. However, it is essential to keep in mind that excessive alcohol consumption can have detrimental effects on both fertility and pregnancy outcomes. Consulting Healthcare ProvidersIf there are concerns about factors that could potentially impact the accuracy of a pregnancy test, including medications, medical conditions, or alcohol consumption, it is advisable to consult healthcare professionals for guidance. Healthcare professionals can provide personalized advice based on individual circumstances and offer specific factors may influence pregnancy test results. Seeking professional help can help alleviate any uncertainties and ensure accurate interpretation of pregnancy test outcomes. Symptoms Of First Week Of PregnancyMyth BustingAlcohol consumption is a common concern for women who may be taking a pregnancy test. Many individuals wonder whether drinking alcohol can affect the accuracy of a pregnancy test. The answer to this question is no, alcohol does not interfere with the results of a pregnancy test. Pregnancy tests work by detecting the presence of human chorionic gonadotropin (hCG) hormone in urine or blood, which is produced by the placenta after implantation occurs. Debunking Common MythsThere are several myths surrounding alcohol consumption and its impact on pregnancy tests. One common misconception is that consuming alcohol before taking a pregnancy test can alter the result. However, this is not true as alcohol ingestion does not influence hCG levels or interfere with the detection of this hormone in pregnancy tests. It's essential to rely on scientific evidence rather than myths and misconceptions when it comes to matters affecting reproductive health. Evidence-Based InformationScientific research supports the claim that alcohol does not affect the accuracy of pregnancy tests. While excessive alcohol consumption during pregnancy can have detrimental effects on fetal development, it does not impact the reliability of home pregnancy tests. It's crucial for individuals to base their decisions on accurate information and consult healthcare professionals for guidance on both pregnancy testing and alcohol use during conception or gestation. Avoiding misinformation and seeking reputable sources can help alleviate unnecessary worries related to potential interference between alcohol consumption and pregnancy test outcomes. Tips for Accurate Pregnancy TestingAlcohol consumption is a common concern for individuals taking pregnancy tests, as it raises questions about its potential effects on the accuracy of the results. However, despite some misconceptions, alcohol generally does not have a direct impact on pregnancy tests. Home pregnancy tests work by detecting the presence of the human chorionic gonadotropin (hCG) hormone in urine, which is produced during pregnancy. The chemical composition of alcohol does not interfere with the hCG detection process in these tests. While alcohol itself may not affect the accuracy of pregnancy tests, there are other factors that can influence the results. Medications, medical conditions, or improper test usage are more likely to cause false results than alcohol consumption. It is essential for individuals to follow the instructions provided with the pregnancy test carefully to ensure reliable results. Inaccurate readings can lead to unnecessary stress or confusion about one's pregnancy status. To ensure accurate pregnancy testing, it is advisable to take the test in the morning when hCG levels tend to be more concentrated in urine. Additionally, waiting until a missed period before testing can also increase the sensitivity of the results. If there are concerns about alcohol consumption affecting a pregnancy test or if uncertain about interpreting the results correctly, seeking guidance from healthcare professionals is recommended for clarity and peace of mind. Factors Affecting Pregnancy Test ResultsImpact on AccuracyAlcohol ConsumptionNo direct effectMedicationsPotential interferenceMedical ConditionsPossible false readingsAlcohol Consumption During PregnancyWhen it comes to alcohol consumption during pregnancy, the general consensus among healthcare professionals is clear – it's best to avoid alcohol altogether. This recommendation stems from the potential risks associated with drinking alcohol while pregnant. The developing fetus can be adversely affected by alcohol, leading to a range of health issues known as Fetal Alcohol Spectrum Disorders (FASDs). These disorders can cause physical, behavioral, and cognitive challenges for children throughout their lives. Listed below are some key points regarding alcohol consumption during pregnancy: Even moderate alcohol consumption during pregnancy can have harmful effects on the baby's development. There is no safe amount of alcohol that has been identified for pregnant women. Alcohol crosses the placenta and reaches the fetus, potentially interfering with its growth and causing irreversible damage. It's essential for expectant mothers to prioritize their baby's health and well-being by refraining from consuming alcohol throughout pregnancy. By making this choice, women can reduce the risk of FASDs and give their child the best possible start in life. Remember, when in doubt about what is safe during pregnancy, always consult with your healthcare provider for personalized guidance and support. It's better to err on the side of caution when it comes to taking care of yourself and your baby. Can I Take a Pregnancy Test Before My PeriodImportance of Seeking Professional AdviceAlcohol consumption during pregnancy can be a concerning topic for many expectant mothers, especially when it comes to its potential impact on pregnancy test results. However, it is essential to understand that alcohol does not interfere with the accuracy of pregnancy tests. These tests work by detecting the presence of human chorionic gonadotropin (hCG) hormone in urine, which is produced during early pregnancy. Alcohol consumption does not affect the production or detection of hCG in the body, so it will not alter the results of a pregnancy test. It is important for women to be aware of factors that can affect pregnancy test results aside from alcohol consumption. These factors can include certain medications and medical conditions that may impact hCG levels or interfere with the testing process. While alcohol itself does not influence the outcome of a pregnancy test, it is crucial to consider all potential variables that could affect accurate results when taking a test. When in doubt about the accuracy of a pregnancy test result or how alcohol consumption may impact prenatal health, seeking professional advice is key. Healthcare providers can offer personalized guidance and information based on individual circumstances. Consulting with a healthcare provider ensures that pregnant women receive accurate information regarding both alcohol consumption during pregnancy and reliable pregnancy testing methods to promote a safe and healthy prenatal experience. ConclusionIn conclusion, while there are various factors that can potentially affect the results of a pregnancy test, it is crucial to highlight that alcohol consumption generally does not interfere with the accuracy of these tests. Despite some misconceptions, scientific evidence supports the notion that having a few drinks should not impact the reliability of a pregnancy test. However, it is essential to remember that excessive alcohol intake can have detrimental effects on both pregnancy and overall health. It is important for individuals to understand the risks associated with consuming alcohol during pregnancy. The potential harm it can cause to the developing fetus underscores the significance of abstaining from alcohol when trying to conceive or already pregnant. Responsible behavior during this critical period is paramount, and seeking professional advice from healthcare providers is highly recommended for accurate information regarding both pregnancy testing and alcohol consumption. Overall, while it is essential to be informed about various factors that can influence pregnancy test results, including alcohol consumption, it is equally vital to prioritize the well-being of both potential mothers and unborn children. By following guidelines for accurate testing and avoiding risky behaviors such as excessive drinking during pregnancy, individuals can take proactive steps towards ensuring a healthy outcome for themselves and their future families. Remember, responsible decisions today can positively impact tomorrow's joyous moments. Frequently Asked QuestionsCan Drinking Affect a Pregnancy Test?Drinking alcohol should not affect the result of a pregnancy test. Pregnancy tests detect the presence of human chorionic gonadotropin (hCG) in urine, which is a hormone produced by the placenta during pregnancy. Alcohol consumption does not interfere with this process. Can Drinking Alcohol Affect Early Pregnancy?Drinking alcohol during early pregnancy can have harmful effects on the developing fetus. It is recommended to avoid alcohol completely when trying to conceive and during pregnancy, as it has been linked to an increased risk of birth defects, developmental delays, and other complications. What Can Cause a False Negative Pregnancy Test?Several factors can cause a false negative result on a pregnancy test. Taking the test too early before there is enough hCG in the urine, using a diluted sample of urine, or not following the instructions properly can all lead to inaccurate results. It is essential to carefully read and adhere to the instructions provided with the test for accurate results. Welcome to my fertility blog. This is a space where I will be sharing my experiences as I navigate through the world of fertility treatments, as well as provide information and resources about fertility and pregnancy. When taken correctly, pregnancy tests are estimated to be 99% accurate. While this means that they are incredibly reliable, it also means that there are certain factors that may impact their reliability. In this article, we'll be covering one of those factors... and that's alcohol! Read on to learn all about how alcohol may indirectly affect the accuracy of a pregnancy test, why that is, and what's going on in your body when you drink. We'll also share a few practical tips for how to take a pregnancy test correctly in order to maximize your chances of receiving an accurate result. Alcohol on its own does not directly affect the accuracy of a pregnancy test. However, drinking too much alcohol can lead to dehydration which may indirectly affect a test's accuracy if you are in the early days of pregnancy. This is because dehydration can lead to increased water consumption, which may dilute the amount of hCG (human chorionic gonadotropin) in urine and cause a false-negative result. Before we dive into how alcohol can affect the accuracy of your pregnancy test, here's a quick recap of how exactly pregnancy tests work. Urine pregnancy tests are designed to detect the hormone human chorionic gonadotropin (also known as hCG). Everyone's body produces hCG, with the normal "baseline" hCG level for non-pregnant individuals being less than 5 mIU/ml. For pregnant individuals, hCG levels are much higher (up to 100+ mIU/ml). In fact, from the moment implantation occurs, hCG levels rise rapidly and double every 2-3 days throughout the first month of pregnancy. Once hCG levels are above the baseline level of 5 mIU/ml, they can be detected in a pregnancy test. Typically, hCG levels will be above 5 mIU/ml by 12 days past ovulation (DPO), however, individual cases and timings can vary. Even though pregnancy tests are 99% accurate at detecting elevated hCG levels, they can still be affected by the amount of fluid in your system. Why? Because drinking lots of fluids can dilute your hCG levels and make them harder to detect. In turn, this may cause a pregnancy test to display a negative result even if you are in fact pregnant. Alcohol consumption is typically associated with false-negatives and not false-positives. This is because drinking alcohol often causes dehydration, leading to increased water consumption and the dilution of hCG in urine. The most common causes of false-positive results include previous miscarriage, abortion, molar pregnancy, certain medications and/or medical conditions, and misusing/misinterpreting the test. We all know that drinking alcohol is a big no-no while pregnant. However, if you drank alcohol before you even knew that you were pregnant – don't panic. Both the American College of Obstetricians and Gynecologists and the Royal College of Obstetricians and Gynecologists agree that serious harm to your pregnancy is unlikely. If you find yourself in this situation, the best thing you can do is to stop all alcohol consumption and make an appointment with your doctor or midwife. They can provide you with the best advice for your pregnancy. If you are not currently pregnant but actively trying to conceive (TTC), it's a good idea to just avoid alcohol altogether. This not only contributes to good fertility, but it will prevent any future pregnancies from exposure to alcohol-related risks. To learn more about other lifestyle factors that may hinder the health of your pregnancy, check out our article Lifestyle Factors that can Impact Your Fertility. Commonly used over-the-counter (OTC) and prescription drugs do not typically affect the accuracy of a pregnancy test. However, certain infertility medications containing hCG may cause a false-positive result. Common medications that contain hCG include Pregnyl, Profasi, Novarel, and Ovidrel. According to the independent medicine directory, Drugs.com, other medicines that may lead to a fast-positive result include antipsychotics, anti-seizure drugs, progesterin-only birth control, anti-nausea drugs, sedatives, antihistamines, and anti-anxiety medications. Book an online consultation with one of our Hormone Health Coaches. Schedule Now While unhealthy habits like smoking, binge drinking, and over/undereating may make it more difficult to become pregnant, they do not necessarily directly impact the accuracy of a pregnancy test. However, in some cases, these habits may indirectly affect the results. For example, consuming alcohol can make you dehydrated. We know that dehydration can lead to the overconsumption of water, which can cause hCG to be diluted in urine which increases your risk of receiving a false positive result. Another way that alcohol may lead to an inaccurate result is if a pregnancy test is taken incorrectly while under the influence of alcohol. Pregnancy tests are 99% accurate when taken at the right point in your menstrual cycle. The earliest that you can take a pregnancy test is on the first day of your missed period. If your cycle lasts 28 days, this will be on 14 DPO, or 14 days past ovulation. The best way to ensure that you know exactly where you are in your cycle is through cycle tracking. There are a number of different ways to do this – here are some of the most common methods you can use either on their own or in combination with each other: Calendar/Calculator/Standard Days Method involves the use of a basic formula to predict your day of ovulation, fertile window, and period. This can be done with a simple ovulation calculator like this or on the Mira App. Basal Body Temperature (BBT) method - involves measuring your temperature each day with a BBT thermometer and tracking your results in a diary or an app. You can then monitor your individual trends to estimate key milestones throughout your cycle. Cervical Mucus Method - involves monitoring and tracking changes to your cervical mucus throughout your cycle. When monitored over time, you can estimate your period and fertile window. Hormone Tracking - involves tracking your hormone levels directly in order to predict patterns in your cycle. This can be done with the help of ovulation predictor kits (OPKs) or more advanced hormone tracking systems like the Mira Max Starter Kit. Remember - everyone's cycle is different, with some cycles lasting as little as 21 days and others lasting as long as 40 days. The best way to know the right time to take a pregnancy test for your body is by keeping track of your own unique cycle patterns. Urine concentration levels vary throughout the day as we consume water and other liquids. That's why the best time to take a pregnancy test is first thing in the morning when your urine (and therefore hCG levels) are at their highest level of concentration. This will yield a stronger result line on your pregnancy test, making it easier to interpret your results. Even though it might be tempting to test multiple times throughout the day, it's best to only test at the exact same time each day (preferably in the morning when your urine contains the highest concentration levels of hCG). By only testing first-morning urine, you will be less likely to receive a false-negative result or a result that is difficult to interpret. The number one culprit behind false-negatives is testing too early. Remember, the very earliest that you can take a pregnancy test is on the first day of your missed period. However, even those who rigorously track their cycle may still be off in their estimations by a day or two. Track all key fertility hormones at once Order Now If you are actively trying to conceive, try not to be discouraged by your first negative pregnancy test result - especially if it's on the early side. The best thing you can do in this situation is to relax and find ways to distract yourself from obsessing about taking your next pregnancy test. You should then wait and take another test in a few days or even a week to make sure that you will receive the most accurate results. To learn more about the best time to take a pregnancy test, check out our article When to Take a Pregnancy Test Based on Science and Ovulation.