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Free clinics for pregnancy test near me

Oslo Midwifery and Ultrasound Clinic is approved by the Norwegian Directorate of Health to perform, NIFT tests.We have good knowledge of fetal diagnostics and extensive experience in ultrasound of pregnant women and prenatal care.If you want NIFT, we will provide you with information, guidance and follow-up both before, during and after the test. All pregnant women are entitled to free follow-up care with a midwife and/or general practitioner trough the public sector. If you experience long waiting times or prefer an alternative to your regular doctor, you can visit our skilled general practitioners or gynecologists for prenatal check-ups.With us, you can get an appointment on the same day, and we assist you with blood tests, referrals to hospitals for delivery, completion of the health card, and ultrasound examinations.Book GPBook appointmentRead more about NIFT test Your first appointment with us should be between week 6-12 of your pregnancy. For scheduling purposes, please contact us as soon as possible. Read about the different check-ups during your pregnancy at helsenorge.no A midwife at your local health centre can manage all check-ups necessary throughout your pregnancy. The midwife will refer you to a doctor or specialist if needed. Your midwife can: Examine the expecting mother and the baby Apply for birth at your preferred hospital/institution Do all necessary blood work Give advice regarding pregnancy, life style, birth, diet, breast feeding or bottle feeding Help you prepare for being a parent and provide advice If you are a first time parent, you will be offered a home visit from a public health nurse around week 28 in your pregnancy. This is in order to get acquainted before your baby is born. The public health nurse will be responsible for your newborn appointments at the health centre after birth. Book an appointment with a midwife Book an appointment by contacting the health centre in your district. Find your health station Please contact the health centre in your district when you come home with your newborn. This is in order to schedule an appointment for a home visit with a public health nurse. You will be offered a home visit within the first three days after you return home, and an additional visit between days 7 and 10 after birth. The following appointments will take place at the health centre. Your child has a right to regular examinations and appointments until it is 5 years old. Read more about the health centre Programme for children aged 0-5 Postpartum care Many women experience big changes in both their bodies and their mood after giving birth. You can book an appointment with the health centre for advice and guidance about your postpartum health. Maternity groups Your public health nurse will provide information about post-natal groups at your health centre. The groups consist of people that have babies that are similar in age. The group will usually meet at the health centre a few times before the administration is left to the group to decide. Contraceptives The health centre offers advice and guidance regarding contraceptives, including long term options like an intrauterine device (IUD) or contraceptive implants. You can also book an appointment with a midwife to discuss family planning, sexual health and any issues related to your body. Som gravid får du tilbud om ni ulike svangerskapskonsultasjoner. Dette inkluderer fosterdiagnostikk og ultralyd. Du kan få flere konsultasjoner ved behov. Den første konsultasjonen for deg som er gravid, bør være mellom uke 6 og 12. Ta kontakt med helsestasjon så tidlig som mulig hvis du ønsker oppfølging av jordmor. Du velger selv om du vil følges opp av jordmor på helsestasjon eller lege gjennom graviditeten, eller begge. Dersom du har blitt fulgt opp av lege, men ønsker videre oppfølging av jordmor, kan du kontakte helsestasjonen senere i prosessen. Husk urinprøve og helsekort med blodprøvetekskrifter til alle oppfølgings timer hos jordmor. I hovedsak vil konsultasjonene dreie seg om din helse, hvordan du har det, og utviklingen i svangerskapet. Dette skjer på første svangerskapskontroll På den første kontrollen vil du og jordmor finne ut av dine behov og ønsker. Dere vil ha en samtale hvor dere skal kartlegge levevaner og snakke om forberedelser til resten av graviditeten. Samtalen kan også inneholde råd og veiledning om trening, kosthold, rusmidler, psykisk helse og kroppslige endringer. Du vil og få informasjon om videre oppfølging og fødetilbud. Jordmor søker fødeplass og kan gi deg veiledning om fosterdiagnostikk (tidlig ultralyd). Hvis du ønsker tilbudet, vil jordmor henvis deg til sykehuset for undersøkelsen. Dersom det er aktuelt vil dere også kunne snakke om tidligere svangerskap, fødsler, barseltid, amming og eventuelle aborter, erfaring med vold og overgrep. Du kan få hjelp med farskapsperlæring dersom du og barnefaren ikke er gift, eller med å søke medlemskap dersom du er gift med en kvinne. Du får et helsekort for gravide som du skal ta med til alle helseundersøkelser under hele graviditeten. I tillegg til samtalen, gjør man også noen medisinske undersøkelser: Måle blodtrykk Lytting av fosterlyd Sjekke for eventuelt svangerskapsforgiftning. Ta med morgenurin, da dette testes ved urinprøve. Urinbeleg kan kjøpes på apotek. Rutineblodprøve for å teste for blodrosent, jernlager, HIV, hepatitt B og syfilis. Sjekke blodtype og eventuelle antistoffer. Ved behov kan andre tester tas. Dette skjer på de andre svangerskapskontrollene Uke 11-14: Fosterdiagnostikk (tidlig ultralyd) på sykehuset. Alle gravide får tilbud om tidlig ultralyd. Tilbudet er gratis og frivillig. Gravide som er 35 år eller eldre ved termin får også tilbud om NIFT. (Non Invasiv Prenatal Test). Uke 17-19: Ultrafyundersøkelse på sykehuset for å vurdere morkakens plassering og undersøke fosterets anatomi og utvikling Uke 24, 28 og 32: Svangerskapskontroll hos jordmor. Husk morgenurin. Her måles fosteret, jordmor sjekker fosterlyden, din vekt og blodtrykk, og man vil også ta rutineblodprøver. Man kan snakke om fødsel, barseltid, amming og flaskemating. Samtalene vil også handle om hvordan du har det. Du får veiledning i hvordan du kan holde deg og fosteret friskt mulig, og hvor ta kontakt for hjelp om nødvendig. Ved behov kan jordmor kan også henvisse til fødselsforberedende samtale på sykehuset. Uke 36, 38, 40 og 41: Samme type kontroll som de tre siste. I tillegg vil man i uke 36 også sjekke hvordan fosteret ligger i livmoren. Ved eventuelt seteleie blir du henvist videre til fødepoliklinikk. Ved 4-7 dager over termin vil du få tilbud om trivselsskontroll på sykehus av spesialisthelsetjenesten. Herfra vil sykehuset overta oppfølgingen. Fra uke 28 vil du som får barn for første gang få tilbud om hjemmebesøk av helseesykepleier for å bli kjent. Dersom du ikke går på svangerskapskontroll hos jordmor må du selv kontakte din helsestasjon for å få dette tilbudet. Bestill time hos jordmor Du bestiller time ved å kontakte helsestasjonen i din bydel. Ta kontakt med helsestasjonen i bydelen din når dere reiser hjem fra sykehuset for å avtale barselbesøk (hjemmebesøk av jordmor). Du får tilbud om et barselbesøk i løpet av de tre første døgnene etter hjemreise. Du får også tilbud om besøk av helseesykepleier den syvende til tiende dag etter fødselen. Videre oppfølging skjer på helsestasjonen. Barnet har rett til regelmessige undersøkelser og kontroller fram til det er fem år. Les mer om helsestasjon for barn 0-5 år Oslohjelpa Synes du tiden etter fødsel er tøff? Trenger familien din råd og veiledning om barnets utvikling eller foreldrerollen? Oslohjelpa gir rask hjelp uten henvisning og skjemaer. Ta kontakt med Oslohjelpa i bydelen din Mors helse etter fødsel Det skjer store endringer med mors kropp og følelser i barseltiden. Du kan få tilbud om konsultasjon med råd og veiledning om din helse etter fødsel (etterkontroll). Les mer på helsenorge.no. Dette skjer med kroppen Barselårer og fødselsdepresjon Råd og veiledning om prevensjon På helsestasjonen kan du få råd og veiledning om prevensjon. Om du ønsker, kan du snakke med jordmor om seksuell helse, kropp og familieplanlegging. Du kan også ta opp behov for innsetting av langtidsvirkende prevensjon (spiral og P-stav). Les mer om prevensjon (helsenorge.no) Health centres for adolescents (HFU) are a free service for young people aged between 12 and 20 years. The health centres for adolescents offer help and advice from public health nurses, doctors and in some cases midwives and psychologists. Employees of the school health service are covered by a duty of confidentiality. At a health centre for adolescents, you can ask any questions you may have and talk about any issues you are wondering about. You can get advice and guidance concerning issues such as: body and health puberty sexual orientation and gender identity sex and cohabitation contraception pregnancy sexually transmitted diseases (STDs) problems with friends or family difficult thoughts feelings and worries You can also contact the health centre if you have a friend who is in need of help or guidance. The aim of health centres for adolescents is to promote health and improve young people's health literacy. No appointment necessary You do not need to book an appointment to talk to a public health nurse or other healthcare professional at a health centre for adolescents. All you have to do is turn up. You do not need permission from your parents to contact a health centre for adolescents. Health centres for adolescents are open in the afternoon, so you do not have to take time off school or work to visit a centre. Find your local health centre To find your nearest health centre, visit our municipality's website for more information. On the website, you will find information about opening hours and age limits. Many health centres offer services right up to the age of 24. Duty of confidentiality Public health nurses, doctors, midwives and psychologists are all subject to a strict duty of confidentiality. This means they will not be allowed to reveal to anyone else what you talk to them about. If you have spoken to a health professional, they will not be able to disclose to anyone else why you spoke to them or what you talked about. There are certain exceptions to this rule. Health professionals sometimes need to disclose information about you, e.g. to the police or the child welfare services, if there is a risk that you may harm yourself or others, or if it is clear that you are having problems at home. Adolescents between 12 and 16 years of age If you are between 12 and 16 years of age, you can ask for your parents not to be informed. Nevertheless, it is the healthcare professional who will make this decision in these cases. Adolescents over 16 years of age If you are over 16, information about you will not be shared with your parents without your permission. Giving such permission is known as giving consent. The healthcare professional will sometimes be able to disclose information to your parents even when you are over 16, if they need the information in order to fulfil their parental responsibilities. In such cases, you will be informed that the healthcare professional will contact your parents. Puberty and sexual health At a health centre for adolescents, you can get advice and guidance on: puberty crushes/love contraception sexuality testing and treatment for sexually transmitted diseases (STDs) sexual challenges such as erectile dysfunction, dry vagina, etc. gender identity and sexual orientation pregnancy abortion Pregnant? If you think you may be pregnant, you can have a free pregnancy test at the health centre. You will be asked to go to the toilet in order to give a urine sample (pee in a cup). The urine sample will be used to confirm whether or not you are pregnant. Home tests are as reliable as those used by the health centres. If you have tested positive during a pregnancy test at home, please contact your health centre for further advice and guidance. They will help you regardless of whether or not you wish to keep the foetus. Free testing and treatment for sexually transmitted diseases (STDs) If you are wondering whether you have contracted an STD, you can have a free test and examination at the health centre. The type of test you should take and any treatment you receive will depend on the infection or disease you are tested for. To determine the tests you should take and identify possible sources of infection, the public health nurse or doctor will ask you what type of sex you have had, whether you have any symptoms and who you had sex with. Getting yourself tested is easy It is easy and painless to get yourself tested for most sexually transmitted diseases. For girls, it is often enough to take a sample from the vagina using a swab similar to a cotton bud, while boys can give a urine sample in a cup. It may also be appropriate to take samples from the throat and the anus.You can perform the test yourself in a toilet at the health centre or you can ask a public health nurse or doctor to help you. The public health nurse or doctor will explain the procedure to you. If you need to be tested for hepatitis, HIV or syphilis, the public health nurse or doctor will take a blood sample from you. If you are examined for scabies, cab lice and genital warts, the health nurse or doctor must examine your skin or lower abdomen to see whether you are infected. Tests and treatment for sexually transmitted diseases at health centres for adolescents are free of charge. Contraception and condoms You can contact a health centre for adolescents if you need contraception. The public health nurse will explain the various types of contraceptives that are available, how they are used, and possible side effects. You decide which contraceptive is best for you. The most reliable contraceptives are the ones that you do not have to remember to take every day, such as the contraceptive implant or spiral. You can also ask to switch contraceptive methods if you decide the one you chose first is unsuitable for you. The types of contraceptives that are available are: combination oral contraceptives (contain the hormones oestrogen and progestin) progestin oral contraceptives (contain the hormone progestin) copper coil hormonal coil mini pills contraceptive plaster vaginal ring contraceptive injection condom If you have had unprotected sex or had a condom split during sexual intercourse, emergency contraception (the morning after pill) is also available, which should be taken as soon as possible after intercourse and within no more than 72 hours. If you are a young woman aged between 16 and 22, you will automatically be entitled to free or discounted contraception (in Norwegian) at pharmacies. Condoms and lubricants can be obtained free of charge at the health centre or ordered free of charge here. Mental health service It is normal to struggle with difficult feelings and thoughts at times. It is common for people to sometimes feel sad, angry or afraid, but these thoughts and feelings will normally pass after a while. However, if they do not pass, it can be a good idea to talk to someone about it. The sooner you get help, the better your chances of recovering. You can talk to a health professional at a health centre for adolescents about what is bothering you. You can also talk to a health professional if a friend or someone you know is having a hard time. The public health nurse will explain to you what can be done next. In some cases, a public health nurse may, with your consent, contact your GP, a psychologist or other health service who can help you. At health centres for adolescents, you can get advice and guidance on issues such as: stress, pressure and performance problems loneliness bullying well-being and self-image sleeping problems heartbreak eating disorders unhealthy exercise and exercise addiction depression anxiety self-harm suicidal thoughts grief substance abuse school absence or desire to leave school If you are considering leaving school, the public health nurse can, in consultation with you, your school and the school health service, draw up a plan to enable you to complete your schooling. Problems at home If you are finding life at home difficult, talk to a health professional at a health centre for adolescents about it. You can also talk to a public health nurse if you have a friend or family member who is having a hard time. A public health nurse can advise you on issues such as: arguments and quarrelling divorce sibling rivalry and jealousy too much responsibility at home financial problems parents or family members who are excessively strict do not understand you do not support you have substance abuse problems have a mental or physical illness death grief violence and abuse forced marriage and honour-based violence negative social control female genital mutilation Health professionals are subject to a duty of confidentiality and cannot disclose what you have been talking about to anyone else, unless the situation represents a danger to you or someone else. In consultation with you, the health professional can then ask for help from other adults, e.g. a psychologist or the child welfare service. Together, they will be able to help you feel better. Your first appointment with us should be between week 6-12 of your pregnancy. For scheduling purposes, please contact us as soon as possible. Read about the different check-ups during your pregnancy at helsenorge.no A midwife at your local health centre can manage all check-ups necessary throughout your pregnancy. The midwife will refer you to a doctor or specialist if needed. Your midwife can: Examine the expecting mother and the baby Apply for birth at your preferred hospital/institution Do all necessary blood work Give advice regarding pregnancy, life style, birth, diet, breast feeding or bottle feeding Help you prepare for being a parent and provide advice If you are a first time parent, you will be offered a home visit from a public health nurse around week 28 in your pregnancy. This is in order to get acquainted before your baby is born. The public health nurse will be responsible for your newborn appointments at the health centre after birth. Book an appointment with a midwife Book an appointment by contacting the health centre in your district. 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