



Video Transcript: Luna

Speaker 1 (00:02): Non-Directive Pregnancy Options Counseling, Best Practices. These videos were created by RHNTC, Reproductive Health National Training Center, and Envision Sexual and Reproductive Health.

31-year-old Luna, she/her, polycystic ovary syndrome, hypertension (controlled). Talking with a nurse practitioner in a medical office consultation room.

Diana (00:31): Hi, Luna. I'm Diana, one of the nurse practitioners here. It's nice to meet you.

Luna (00:34): Hi, nice to meet you too.

Diana (00:37): I saw that you made an appointment today because you haven't gotten your period for a few months.

Luna (00:40): Yeah, I mean, I have PCOS, and so it's not weird for me to miss my period. I've never really been regular, but it's been a bit longer than usual, so I thought I should come in.

Diana (00:52): I'm glad that you did and that you know that it's important for your health to get your period at least once every 2 to 3 months. When patients come in with a missed period, we typically run a pregnancy test, which we did, and I wanted to let you know from the beginning that the pregnancy test today did come back positive, which means that you are pregnant.

Luna (01:10): Wow. That is not what I thought you were going to say.

Diana (01:17): It seems like this is pretty surprising for you?

Luna (01:21): Now, I get a positive? I just was... I wanted this more than anything with my ex-husband.

Diana (01:30): Wow, that can't have been easy.

Luna (01:34): This was such a big deal for us. Wait a sec, I just...

Diana (01:42): Please, take a minute. This can be a lot to process.

Luna (01:46): Well, I'm also just trying to figure this out. I was using condoms with my new boyfriend. We were using condoms every time, except we stopped. So, wait, this is so wild. So, we stopped. Do you have it in my chart? I got some tests done. You know, STD tests?

Diana (02:08): Yeah, I can see that you came in to get tested about two months ago.

Luna (02:11): That's when we stopped using condoms.

Diana (02:13): You both came in to get checked before you stopped using protection from infection. It's clearly a priority to you to take care of your health.

Luna (02:19): It is. So, what does this mean?

Diana (02:23): Well, with PCOS, it can be hard to know exactly when you got pregnant, since, as you said, your periods aren't regular. But in your case, since you stopped using condoms consistently two months ago, it's likely you got pregnant sometime after that.

Luna (02:37): Okay, so how do I find out how far along I am?

Diana (02:42): Yeah, you're absolutely right. It's important to know when you're figuring out next steps. So, I will order an ultrasound today.

Luna (02:47): Okay, great.

Diana (02:49): It sounds like in the past, you tried hard to have a child. How are you feeling about being pregnant right now?

Luna (02:56): Shocked... But also really excited. I've only been with Josh for six months, but, yeah, excited. I just assumed this couldn't happen for me without IVF or something.

Diana (03:17): Yeah, I can certainly see how you would think that, given all that you've been through. So, this is surprising and something you wanted for a long time. I can see your excitement. Given that it seems like you're pretty clear that you'll continue with the pregnancy. Do I have that right?

Luna (03:32): I don't know if I'd say clear, but I'm happy. I have to talk to Josh first, and my ex. Oh my god, he's going to flip. But I don't know. I just feel like this must mean it's my time to become a mom.

Diana (03:52): Sometimes patients can experience complex feelings while still being sure of their plans. In this case, Luna is shocked and excited. If you're less sure of a patient's feelings or intentions, reflective listening can be a helpful tool. For example, I'm hearing you say you're excited and also not sure if now is the time for you to start your family. Can you tell me more about that?

Yeah, I can only imagine all the different feelings you're having. So, if you like, we can go ahead and set up your first prenatal visit for you. This packet has all the information about our prenatal services. There also may be some information in there that's not relevant to you because it explains all the options someone has.

Luna (04:32): Thanks.

Diana (04:34): Would it be okay with you if I asked a few questions having to do with your health?

Luna (04:37): Sure.

Diana (04:39): Do you currently drink alcohol or take any non-prescription drugs?

Luna (04:43): I mean, I'll drink once in a while, like at a get together, but other than that, no. And I definitely won't, now that I know that I'm pregnant.

Diana (04:51): Yes, you're absolutely right. We do not recommend anyone drink during pregnancy. And as for prescription drugs, I can see here that you take lisinopril, spironolactone, and metformin. Is that correct?

Luna (05:03): Yeah. For my high blood pressure and my PCOS.

Diana (05:05): Okay, well, the metformin is fine to continue taking. The lisinopril and spironolactone are both medications we avoid during pregnancy. So, if it's okay, I'm going to switch the prescription to labetalol, which is a different blood pressure medication. It is a beta blocker. Have you ever used a beta blocker before?

Speaker 1 (05:26): Learn more at RHNTC.org and EnvisionSRH.com.