

Sawbones Episode 31: Pregnancy Tests

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Intro (Clint McElroy):

Sawbones is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax and enjoy a moment of distraction from that weird growth. You're worth it.

[theme song Medicines by The Taxpayers plays]

Justin:

Hello everybody and welcome to *Sawbones*, a marital tour of misguided medicine. I'm your co-host, Justin McElroy.

Sydnee:

And I'm Sydnee.

Justin:

Syd, we, got, we got baby fever in the McElroy household.

Sydnee:

That's true and I-

Justin:

I call it that now because you're pregnant.

Sydnee:

We have baby fever, and then I literally had some sort of viral illness as well.

Justin:

Yeah.

Sydnee:

We've got-

Justin:

We got a double-

Sydnee:

... every kind of fever, you can get.

Justin:

... double dose.

Sydnee:

Yeah. You know, um, it's a lot harder to be sick when you're pregnant than when you're not pregnant.

Justin:

That's because your baby's eating everything you need to get strong.

Sydnee:

And get [laughs] all those nutrients, all that vitamin C, is in the baby now. Plus one, as we've taken to calling...

Justin:

Yeah.

Sydnee:

... the baby. Because we don't know what the baby is yet. And I, I'm trying to refrain from saying it.

Justin:

Yeah, so plus one.

Sydnee:

Right.

Justin:

We, well, yeah, and we alternate pronouns, depending on our whim, um, but anyway-

Sydnee:

What my dreams were the night before, you know.

Justin:

[Laughs].

Sydnee:

No, I'm kidding. That's [crosstalk 00:02:00]

Justin:

Yeah. No, no, no. Oh that's real.

Sydnee:

[crosstalk 00:02:01].

Justin:

Uh, but Syd, you've been getting a lot of... I feel like you've been getting a lot of heat, a lot of attention since the pregnancy thing. Lots of people asking you how you feel or telling you to rest up or stuff.

Sydnee:

Yeah, is that a problem for you?

Justin:

Well, I just- I can't help but wonder, like you took a pregnancy test.

Sydnee:

Mm-hmm [affirmative].

Justin:

Okay. Uh, pregnant, it says, I don't know. Saw something in your stomach that looked baby-like. So I guess the jury's out for another six months or so, but-

Sydnee:

Yeah, well, I mean, we had an ultrasound.

Justin:

Nope, nope... it was ultras-

Sydnee:

I mean, you remember, like we saw, then we, then we posted on the internet. Like we, we tweeted it.

Justin:

It was ultra-sketchy, I think.

Sydnee:

No, I mean-

Justin:

'Cause I didn't recognize it. It didn't look like me. Didn't, I don't know.

Sydnee:

Did you see the size of that head?

Justin:

Ah, so-

Sydnee:

That was a McElroy cranium.

Justin:

I guess-

Sydnee:

There is no doubting that that, much to my misfortune is a giant McElroy head.

Justin:

Sydnee I guess my concern is how do I, how do I, how do we know I'm not pregnant?

Sydnee:

Well, [laughs] I mean, I guess there's, there's the obvious.

Justin:

Uh, maybe playing the seal documentary called *Junior* Starring Arnold Schwarzenegger.

Sydnee:

Do you know what a documentary is?

Justin:

Uh, I guess what I'm saying is I wanna run some tests for my potential, dare I say it? Likely pregnancy.

Sydnee:

Okay. Well, we'll leave aside the fact that you are male.

Justin:

Yes. *Junior.*

Sydnee:

No. Okay. You do not have a uterus.

Justin:

Okay, jury's out.

Sydnee:

So there's nowhere-

Justin:

I've never seen, maybe you've seen inside me. I haven't. So I guess jury's out on that one.

Sydnee:

Nowhere to house said, uh, child. And let alone I, I would hope you would prefer to avoid the birth process.

Justin:

Yeah, I don't know where it's-

Sydnee:

For you that may be a little-

Justin:

I don't know where it's gonna come [crosstalk 00:04:00].

Sydnee:

Or a lot upsetting really for everyone. Everyone in that delivery room is gonna leave pretty scarred.

Justin:

Good. Some things [laughs] they can't unsee.

Sydnee:

Pretty, [laughs] pretty, pretty damaged by that.

Justin:

How can we test to make sure that I am not pregnant?

Sydnee:

Well, that's a-

Justin:

Historically speaking.

Sydnee:

Historically speaking [laughs]. Well, that's a good question Justin. People, um, have been wanting to find out if they were pregnant, you know, as long as people have been pregnant, which is a really long time.

Justin:

Yeah.

Sydnee:

Um, and-

Justin:

The longest.

Sydnee:

You know, the, and what I think is funny about it is that there's a surefire way to find out if you're pregnant.

Justin:

Wait.

Sydnee:

Just wait. [laughs] Ju-just wait. Um, and you know, uh, they don't, uh, again, because we talk about this a lot. Because so much of the medical field was dominated by men for so long. There are all these really that I'm gonna tell you about, cumbersome ways of finding out if you're pregnant or not. When I bet you women just knew.

Justin:

Yeah.

Sydnee:

I mean, you don't know instantly. I'm not gonna lie. It's not like I woke up the morning that we found I was pregnant and said, "I'm pregnant. I can feel it. [laughs] It's in me. I know it." Um, but yet, I mean, you know, things start changing. I mean, all of a sudden I don't like the taste of Diet Dr. Pepper. That's gotta mean something.

Justin:

It's weird and you love milk.

Sydnee:

I love milk.

Justin:

Crazy about the stuff.

Sydnee:

I am not sad at all that I can't drink beer.

Justin:

Yeah, no, that's, that's the weirdest part.

Sydnee:

How weird is that?

Justin:

Very, very weird. So Sydnee, dating back BC, early— ye olden times.

Sydnee:

Ye olden times. So one of the oldest known ways to test for pregnancy, and I should clarify, people figured out pretty quickly that, you know what? Babies come from somewhere down there on the woman, you know, the down there region?

Justin:

Sure.

Sydnee:

The anatomically speaking down there.

Justin:

Clinical terms.

Sydnee:

And, you know, urine comes from down there, so urine may be able to give us a clue.

Justin:

They both come from the same general vicinity.

Sydnee:

Right, that was the idea. So one of the oldest known methods was for a woman to urinate on both wheat and barley seeds. Now this would serve two functions.

Justin:

It would ruin the barley.

Sydnee:

It would ruin the barley and ruin the wheat. [laughs]

Justin:

If you wanna ruin your neighbor's barley, this is the primo way to do it.

Sydnee:

[laughs] This is not, this is not what to make beer out of. This violates the German beer purity. Well, I think [laughs]. Um, if the, uh, if the barley grew... Well first of all, if any, if any of the seeds germinated, you were pregnant.

Justin:

Okay.

Sydnee:

So that was the first belief. If the seeds started to germinate, you were pregnant. And then depending on which seeds germinated you could actually also tell the sex of the baby. So if the barley grows, it's a boy and if the wheat grows it's a girl. If neither grow, you're not pregnant.

Justin:

Perfect.

Sydnee:

That cut, that seems like it would take a while.

Justin:

Yeah. Uh, uh, by then, it seems like they would be some other signs, right?

Sydnee:

I think you would know. Um, you know what was funny is that they repeated this, uh, this test in the 60s. They, they actually like did a study to see does this work. And the urine of a pregnant woman will promote growth in seeds of any kind 70% of the time.

Justin:

And we've been wasting our money on fertilizer.

Sydnee:

[laughs] Instead, pregnant ladies just go pee.

Justin:

Just get out there and have a pee.

Sydnee:

On your garden.

Justin:

Come on.

Sydnee:

On your barley-wheat garden.

Justin:

"Oh, oh, Vanessa these green peppers are delicious. What is your secret?"

Sydnee:

They, and they did, they compared it to just to non-pregnant women's urine as well as men's urine to make sure it wasn't just, you know, 'cause we know that there are some things in urine that are good for soil anyway. Um, so it's not just that, that they, that the theory at the time was, I don't know, maybe estrogen. But who knows? But for some reason there, there may have been some truth to that.

Justin:

Wow, good job ancient people.

Sydnee:

Um, another thing that people took advantage of when trying to figure out if a woman was pregnant, was the fact they did observe, uh, and women probably confirmed that, uh, they tend to get nauseous while they're pregnant.

Justin:

Mm-hmm [affirmative].

Sydnee:

As you may well remember early on, all of my nausea.

Justin:

Yeah, it was a, it was a considerable amount.

Sydnee:

Hey, 'cause it's-

Justin:

There's a pro tip for you if you haven't tried preggie pops.

Sydnee:

I was, I was gonna say the same thing.

Justin:

Really? Simpatico.

Sydnee:

Plug those preggie pops.

Justin:

We should have a baby.

Sydnee:

That, we are.

Justin:

Okay.

Sydnee:

They're safe. They're tasty.

Justin:

Yeah, they're, and I don't know. They seem to work for you.

Sydnee:

They work. They work.

Justin:

They're like be 12 and stuff.

Sydnee:

I never had to take a prescription med.

Justin:

Yeah.

Sydnee:

Pretty good.

Justin:

Never threw up either. High five.

Sydnee:

Hey, there we go.

Justin:

That wasn't a very good high five. Can we try again?

Sydnee:

Okay.

Justin:

I'll edit it out. Oh, that was good.

Sydnee:

All right.

Justin:

Snappy.

Sydnee:

That was usually we miss.

Justin:

Gonna have a good high fiving kid.

Sydnee:

[laughs] Um, you could also... So the Egyptians took advantage of this nausea by, okay, so if you thought I was pregnant, here's what you could do. Go downstairs, um, to like the living room 'cause we've got wood floor. Uh, move the carpet out of the way.

Justin:

Okay.

Sydnee:

And then what I want you to do is just pour a bunch of beer all over the floor, and then mash up some dates and like spread those all over the floor too.

Justin:

Okay.

Sydnee:

And then I will come-

Justin:

And then you just wait for the wet bandits that's to show up.

Sydnee:

[laughs]

Justin:

[laughs] Then you slide right in it, and you're out of the safe.

Sydnee:

And then you sli- you, you swing some paint buckets into their foreheads.

Justin:

Perfect.

Sydnee:

Uh, no, then I come down and sit in the floor in the middle of the beer-date mash, and if I throw up a lot, I'm pregnant.

Justin:

[laughs]

Sydnee:

They, they include the caveat. If you throw up a lot.

Justin:

Listen, you'll know if it's just regular throw up.

Sydnee:

Because you're sitting in a mush of beer and dates.

Justin:

Is it po- is it possible that like, that maybe it wasn't like mysticism or medicine. It's just like, that was the grossest thing they could come up with, and so like maybe it would just make you throw up?

Sydnee:

Which says a lot for, for Egypt and the quality of their like food and beverage, that the grossest thing they could come up with was mashed up dates and beer.

Justin:

You gave, you gave beer some sketchy looks when you were first pregnant.

Sydnee:

Well, I will say that. I will say that the smell of alcohol for the first time in my life did not make me happy.

Justin:

Interesting.

Sydnee:

Um, but yeah, but I, I think, you know, just take a look at like super sloppy double dare. Today we could probably come up with some pretty heinous stuff to sit in the middle of.

Justin:

Yeah, lots of, lots of other nausea inducing things.

Sydnee:

Uh, there's-

Justin:

That's one of our great advances in 2014.

Sydnee:

[laughs]

Justin:

I think cavemen would really be stunned by the amount of things we could come up with, for you to sit in and throw up in.

Sydnee:

We, we really know how to make people puke now. Um-

Justin:

Don't even worry about that.

Sydnee:

Then, here's a great segue for that. Speaking of making you wanna puke. The Greeks had a great idea which was put, um, you could put an onion in your vagina before you go to bed.

Justin:

[laughs]

Sydnee:

And if your, if your lovely bride-

Justin:

"Vanessa, these onions are delicious. What is your secret?"

Sydnee:

... your lovely bride wakes up with onion breath, then she's not pregnant. But-

Justin:

Is the theory that that baby is like eating the onion vapor? Is that?

Sydnee:

No, that they thought that when you were pregnant your womb was closed. So the smell of the onion could not pass all the way up through from your vagina to your mouth.

Justin:

Okay.

Sydnee:

But that if the, uh, if, you know, if the womb was open, because there's no baby in it, then you'd wake up with onion breath.

Justin:

Okay.

Sydnee:

Which was weird because they also advocated, which I think is a little nicer anyway, is just put some, some perfumed linens, like down in the, in the vaginal area.

Justin:

Yeah. Why don't you put out by, here's my idea, like, maybe some spearmint. Like if you're gonna do something.

Sydnee:

Well, but then my understanding from what I read is that if your, if your mouth and nose start to smell of that perfume that you have applied to the, to the anatomical down there region, that you are pregnant, which is the total inverse-

Justin:

Mm-hmm [affirmative].

Sydnee:

... of the onion test.

Justin:

Okay, that's a little weird.

Sydnee:

I don't understand. [laughs]

Justin:

It's almost as if they were making it up-

Sydnee:

[laughs]

Justin:

... without any scientific basis.

Sydnee:

Almost as if [laughs] it had nothing to do with any science. Um, Hippocrates had a better idea. I think, at least this would not bother me too much. If you, so if you skip a period, which was accepted, you know, we even knew back then that if you did not have your menstrual cy- menstrual cycle, you may be pregnant. Maybe, maybe not. We weren't sure. But if you skipped a period, you should that night before you go to bed drink a mixture of honey and water. And then when you wake up in the morning, if you've got some like stomach bloating and cramping, then you're pregnant.

Justin:

A mixture of honey and water.

Sydnee:

Now, why would that make you crampy and bloaty? I don't know.

Justin:

They'll try anything with honey.

Sydnee:

I mean, it's not a-

Justin:

I knew something was up with honey.

Sydnee:

It's fairly benign.

Justin:

Sure.

Sydnee:

Kind of a nice thing.

Justin:

Kind of delicious. Kind of soothing.

Sydnee:

Yeah. I, I would say that, I mean, your chances of waking up with a [laughs] bloated crampy stomach are always increased when you're pregnant. I mean, that's just from my brief experience. But...

Justin:

[laughs]

Sydnee:

[laughs] So I don't- maybe that's just, maybe he's just hedging his bets. "Um, drink this if you feel nauseous, and your breasts are tender, you may be pregnant." And it should be noted that through all these different eras, it's, they comment on a good doctor. Well also ask some basic questions about the woman's [laughs] health stat- health status and symptoms to figure out if she's pregnant.

Justin:

Yeah. Yeah.

Sydnee:

Yeah.

Justin:

Yeah. That's like your psychic friend asking like, like predicting that you have a rocky marriage after you've asked like a few basic questions-

Sydnee:

[laughs]

Justin:

... about the status of it.

Sydnee:

"I noticed you're not wearing your wedding ring."

Justin:

“And psychically [laughs] I think that you're having some issues.”

Sydnee:

[laughs] Um, in the Middle Ages, we've talked about this before in the urine episode. That, um, people got really obsessed with uromancy, with wom-with, with, with, with urine. Remember? We talked about this with the study of urine, and, uh, they would just look at the urine and smell it and taste it sometimes and, uh, the way to tell if a woman was pregnant is that the urine would look clear and a pale lemon color is what I read, and also cloudy.

Justin:

I think I, okay, see this one I might be able to pass this one. I might be able to, I might be able to, I think I could generate some clear pale lemon color. Wait, okay, so wait. If it's clear, but also cloudy?

Sydnee:

It has like, okay, so I didn't, I should have clarified. So it's clear and pale lemon color but then there's a cloudiness on top, like that comes to the top of it.

Justin:

A head, basically.

Sydnee:

[laughs]

Justin:

A rich foamy head.

Sydnee:

Foamy head [laughs] to the urine.

Justin:

Sure. Okay.

Sydnee:

Like a, like a good Guinness if...

Justin:

Sure.

Sydnee:

Uh, beyond just the color and the, the head on your urine. Um, [laughs] some other ideas they had at the time, you could put a needle in a cup of, uh, a woman's urine and if she was pregnant it would rust. Um, you could sprinkle some sulphur in the urine and worms will appear if she's pregnant.

Justin:

Whoa.

Sydnee:

I, I don't know if they mean like it looks like worms or literal worms are gonna appear.

Justin:

'Cause your, your urine can create life.

Sydnee:

Well, this would have been, I mean, spontaneous generation. I mean, we've heard that, the whole maggots in the meat. They left a piece of meat out and eventually there are maggots on it. And so they thought the maggots came from the meat.

Justin:

Oh yeah.

Sydnee:

Instead of, you know, flies laid their eggs on the meat.

Justin:

Oh.

Sydnee:

Yeah. So I mean, that wouldn't have been that far off at the time.

Justin:

Okay.

Sydnee:

That's not real.

Justin:

No.

Sydnee:

There's no such thing.

Justin:

No, I mean it doesn't happen.

Sydnee:

It's not, you know-

Justin:

So crazy and wrong.

Sydnee:

Faulty theory. [laughs] We got that one wrong. We know better now. Um, I also like this one, uh, you could... So take a ribbon.

Justin:

Okay, I got my ribbon.

Sydnee:

Okay. And you got your cup of pee.

Justin:

Okay.

Sydnee:

Okay, dip the ribbon into the pee, and then hold it up to your nose.

Justin:

Okay.

Sydnee:

If we're testing you for pregnancy.

Justin:

Okay.

Sydnee:

We're, we're... Uh, if you're the one, whoever we're testing for pregnancy hold it up to their nose.

Justin:

Uh, I'm, I'm nauseous and gagged.

Sydnee:

Okay, now you're pregnant.

Justin:

Okay.

Sydnee:

So my theory is that if you hold up a ribbon dipped in pee to my nose at any time.

Justin:

[laughs] Any of the day.

Sydnee:

It's, it's gonna yuck me out a little bit.

Justin:

Yeah. Now I do. I will admit to cheating on that particular test. Like, I read ahead. [laughs] But, still...

Sydnee:

[laughs] Um, uh, uh, again, I think this is playing on the fact that a surprising number of things made me nauseous.

Justin:

Yeah.

Sydnee:

When I first found out I was pregnant. I know we are, were we just playing mean tricks on women?

Justin:

And, and a surprising number of things made you cry too. If they had had, uh, it's too bad they didn't have a Staples commercials back then. Because

then you could watch that, uh, then they could have just played it and if they cry they're pregnant.

Sydnee:

Listen, it was a really moving Staples commercial.

Justin:

[laughs]

Sydnee:

Okay.

Justin:

What, what else-

Sydnee:

You can't understand, you can't possibly understand.

Justin:

What else that we got said?

Sydnee:

Uh, there was also the latch test, um, back in the days when all doors had metal latches on them.

Justin:

Mm-hmm [affirmative].

Sydnee:

Um, you would, you could take, uh, a metal latch off of a door. I suppose you're exposed for the night. I don't know what that's gonna do for your safety.

Justin:

Well let's hope that you're done with the door. [laughs]

Sydnee:

When you're done with that door? [laughs]

Justin:

Oh, this is my pee door, I get to put my hand on your pee.

Sydnee:

Well, yeah, that's true. 'Cause once you, once you use your metal latch, no, you're gonna put it in a bucket of pee. 'Cause everything else we're gonna put in a bucket of pee.

Justin:

Okay, wait, all right, turn up. Do you know how much you have to pee to fill up a bucket.

Sydnee:

Well, I mean, I guess it could have been a bowl.

Justin:

A small bucket of pee?

Sydnee:

Something that would, enough pee to cut, to completely submerge the latch.

Justin:

I feel bad for these pregnant women. They're supposedly pregnant women. Like there's a lot of demand for their pee.

Sydnee:

[laughs]

Justin:

They had to pee a lot. There's a lot of different tests that-

Sydnee:

[laughs] We need a lot of...

Justin:

We're gonna need you to pee five or six different gallons, we're coming up with new stuff all the time.

Sydnee:

Well, that, I mean, that, that works because luckily if there's one thing that I've been able to do constantly since I've become pregnant it's pee.

Justin:

Pee. A lot.

Sydnee:

Yeah.

Justin:

A lot of pee.

Sydnee:

That's, that's never a problem.

Justin:

Never an issue.

Sydnee:

No. Especially with my insatiable thirst for milk and lemonade.

Justin:

[laughs]

Sydnee:

[laughs] I don't know. Go figure. Um, so you take the metal latch, you put it in the bucket of pee, you leave it there all night. And if there is an imprint of the latch in the bucket when you take it out the next morning the woman's pregnant, what in the world, why?

Justin:

An imprint of what?

Sydnee:

The, uh, the like the outline of the latch.

Justin:

Oh, the outline of the latch in the bucket?

Sydnee:

Yeah.

Justin:

But it doesn't just make any sense.

Sydnee:

It didn't specify what material the bucket would have to be, so that made me... I don't know what kind of reaction we're looking for.

Justin:

Who's the dirty freak who found this test out? Who was like, "You know, I was just perusing my collection of, uh, pee buckets with latches in them. Ye olde, ye, ye mistress, and I couldn't help but notice that your specific bucket had an imprint."

Sydnee:

Yeah.

Justin:

So what I'm thinking is you're knocked up.

Sydnee:

But you know who it was, it was ye old R. Kelly of course. [laughs]

Justin:

It was ye Old R. Kelly. [laughs] Agrishas Kelly.

Sydnee:

[laughs] Um-

Justin:

Question, what is ignition? We have not invented it yet.

Sydnee:

[laughs]

Justin:

You remix that, which does not exist.

Sydnee:

It probably has something to do with urine.

Justin:

Yeah, probably.

Sydnee:

That's all we know for sure. Um, one of the few methods that I found that did not have to do with pee, uh, was one doctor proposed, we're still around the same time period, we're coming out of the Middle Ages. If you looked into a pregnant woman's eyes.

Justin:

Oh I know this one. You look, if you can see your unborn children in her eyes you really love a woman.

Sydnee:

[laughs]

Justin:

I listen, I listen to Bryan Adams-

Sydnee:

Bryan Adams right?

Justin:

I've listened to Bryan Adams too old timey guys.

Sydnee:

[laughs]

Justin:

You [laughs] can't, can't put one over on me.

Sydnee:

[laughs] No, is this just not nearly so romantic. If, if her eyes look deep set and veiny and her pupils are particularly small.

Justin:

Hey and guys at home, let me just advise you that if you're looking for just the right moment to tell your wife her eyes are deep set veiny and that her pupils are small, pregnancy is the perfect-

Sydnee:

[laughs]

Justin:

... window to decide to broach that topic.

Sydnee:

'Cause let me tell you, I have never felt more attractive [laughs] than I have for these last 15 or so weeks.

Justin:

[laughs]

Sydnee:

That's not true at all. Um, in the 1900s, we, we finally figured out that there was... and I mean, I, I guess we knew on some level that there was something in urine. That, that the pee of a pregnant woman-

Justin:

We were getting there.

Sydnee:

Yeah.

Justin:

We knew instinctively.

Sydnee:

Something in the urine that could tell us if a woman wa- if we just could figure it out, what is in there?

Justin:

Like, so- some guy with like, uh, an ancient blackboard like crossing it out, trying to connect all the dots. I know it has to be here.

Sydnee:

It just has [laughs] pee equals pregnancy, and written on the board in giant letters.

Justin:

The question [Marty 00:20:45] he's scratching it out. He had sorta...

Sydnee:

[laughs]. Um, they, uh, so they knew that there was something in there. And they started, uh, injecting human urine into a variety of animals.

Justin:

Mm-hmm [affirmative].

Sydnee:

To look for changes that might indicate that the woman was pregnant. And basically at this point we, we started to understand there was a hormone in there of some kind. And this hormone, um, obviously indicates pregnancy and will probably produce changes in other female creatures. So maybe that can be a way where we can figure it out. Um, they, uh, they could inject it into, into mice, into rabbits. Some of the tests involve looking for the animal to go into heat. Uh, so like if you could make the mice randy then...

Justin:

Mm-hmm [affirmative].

Sydnee:

Yeah, and they were pro- then the woman that you took the urine from is probably pregnant. Uh, one of the things that you may have heard of, was that they would inject it into rabbits, female rabbits, wait, and then unfortunately kill the rabbit and dissect them and look at the ovaries and look for changes in the ovaries for evidence of ovulation and changes.

Justin:

"Vanessa, this rabbit is delicious. What is your secret?"

Sydnee:

[laughs] "Well, you'll never believe this."

Justin:

I injected urine.

Sydnee:

[laughs] "I injected my urine and by the way, we're pregnant."

Justin:

We're pregnant.

Sydnee:

[laughs]

Justin:

"You did what?"

Sydnee:

It, uh, it, it gave birth to the phrase and you may have heard this said before and, and especially older television shows. The rabbit died.

Justin:

Mm-hmm [affirmative].

Sydnee:

As a euphemism for I'm pregnant.

Justin:

Mm-hmm [affirmative].

Sydnee:

Uh, the ironic thing about that of course is that they killed the rabbit either way. All the rabbits died.

Justin:

The rabbit always died.

Sydnee:

The rabbit always died. Um, but when I was, I was reading about that, 'cause I'd, I'd heard that before when I was reading about that phrase. I also came across the mouse died as an alternative, which is obvious. And I killed the Easter Bunny. [laughs]

Justin:

Oh, that's a little grim.

Sydnee:

I really wish in retrospect that that day that I, I saw that positive pregnancy test. I really wish I had come downstairs and said, "Honey, I killed the Easter Bunny." [laughs]

Justin:

That would have been, uh, a more interesting but not quite as uplifting conversation I think they would, would have followed.

Sydnee:

I think you would have been confused and maybe concerned for my mental health.

Justin:

And sad about the Easter Bunny. Hello.

Sydnee:

What?

Justin:

Eas- Easter's ruined. You ruined Easter.

Sydnee:

Wait, are you... I mean, what, what are you trying to tell me about your relationship with the Easter Bunny?

Justin:

I mean, he hasn't delivered a basket for a few years. I'm sure I'll come around.

Sydnee:

You just, or you think he's just mad at you or something?

Justin:

Yeah, or maybe you... My wife didn't believe him enough, I don't know.

Sydnee:

Oh.

Justin:

It could sense nonbelievers.

Sydnee:

He can sense no- Is the Easter Bunny a giant bunny? Is that your take on him then?

Justin:

I always imagined him as like the... Not like the bipedal bunny. Like-

Sydnee:

Like the horrific-

Justin:

The horrific bipedal bunnies at the mall.

Sydnee:

... that you get to sit on at the mall-

Justin:

I like to imagine-

Sydnee:

... but scares everyone.

Justin:

... like a regular bunny, just gigantic. And with like red eyes like Bunnacula.

Sydnee:

Not like, not like the Donnie Darko bunny.

Justin:

No, no like that at all. Like the opposite in almost every way of the Donnie Darko bunny. I would say.

Sydnee:

[laughs] I like the Bunnacula bun- Man, those were great books.

Justin:

We are so off topic, you've gotta get us back on track.

Sydnee:

We need to read those though.

Justin:

I-

Sydnee:

Howliday Inn, The Celery Stalks and Midnight.

Justin:

I gave you an opening, woman! Walk through it!

Sydnee:

Um, I thought, I think this is nice. In the 50's they came up with a much more humane way of [laughs] injecting urine into animals, injecting human

urine into animals and looking for changes. Um, at least this did not involve killing the animals.

Justin:

Well, that's something.

Sydnee:

Uh, there was something called the buffo test, uh, where you would inject human urine into a frog and if the frog produced eggs within 24 hours then the patient was pregnant.

Justin:

Weird.

Sydnee:

Uh-

Justin:

That's really weird.

Sydnee:

Well, but, I mean at least it didn't kill the frog.

Justin:

No, okay. I do have to ask you said, how would they know, uh, if it produced eggs without killing it?

Sydnee:

Well, I think frogs lay eggs.

Justin:

Oh, like, oh, that's right, 'cause they're amphibians.

Sydnee:

Yeah.

Justin:

I know that.

Sydnee:

Right? Isn't that...

Justin:

Right?

Sydnee:

Yeah.

Justin:

Yeah. Right?

Sydnee:

Well, I thought I knew that but now you're making me [laughs] to doubt myself.

Justin:

[laughs] No, no, no.

Sydnee:

[laughs] It made sense to me. I thought that's a good idea 'cause the eggs are outside the body, like fish.

Justin:

And also frogs, um, uh, procreate, uh, internally without external stimuli. That's what happened in *Jurassic Park*.

Sydnee:

That well they can change sex.

Justin:

Yeah, it's crazy.

Sydnee:

Yeah. But I don't think that was the basis of this test. I don't think any frogs [laughs] were switching genders, I think they were just making eggs.

Justin:

Got it.

Sydnee:

Um, now, uh, of course, you know, today, we are, we have a pregnancy test that looks for a certain hormone called, um, HCG, beta HCG. That's the name of the hormone that your home pregnancy tests are looking for and

you know, it's in your urine and you can pee on a stick and, and, and it's really easy to find out. Um, but before we get into what is real, today you will find, and I, I don't know how old any of these particular tests are. A lot of home pregnancy tests that are not real, and I would not recommend but I'm gonna tell you about them anyway.

Justin:

Okay Sydnee, I'm ready.

Sydnee:

So some of the most popular, you've probably heard of the draino test.

Justin:

Yeah, we did. We looked at, we didn't perform that way. So we looked at that.

Sydnee:

This is my, this is my disclaimer. This is dangerous. Don't do it.

Justin:

Okay. Good.

Sydnee:

So I've said that. Do not do this. We didn't do it.

Justin:

No.

Sydnee:

I'm not planning on it, it's a bad idea. The idea is that you mix your urine with some draino, and the color it changes. It's not gonna tell you if you're pregnant, where this is a test that assumes you already know if you're pregnant. But it's gonna tell you if it's a boy or a girl. There are a couple problems with this. First of all, mixing draino with your urine is dangerous. They're chemicals.

Justin:

We've covered that.

Sydnee:

Um, when, uh, there was a, a medical, I believe was a medical school repeated this test, um, to see if it was real.

Justin:

Mm-hmm [affirmative].

Sydnee:

And when they did it they were wearing gloves and masks to protect themselves from all of the chemicals they were using. So this gives you an idea of how safe this is. It's not.

Justin:

Don't do it, don't do it.

Sydnee:

Um, the other problem is if you look online for this test, everywhere you look it's a different like key.

Justin:

Yeah.

Sydnee:

Like if it turns blue it's a girl, if turns green it's a girl, if turn brown it's a boy.

Justin:

That is not the, uh, that is not one of the signs of a quality test.

Sydnee:

No, so you won't even know how to interpret it anyway. So it's dangerous, it's smelly, it's a bad idea, I have no idea how it's interpreted, I don't know how it's supposed to work, don't do it.

Justin:

Got it. What else?

Sydnee:

Similarly there's the bleach test.

Justin:

Okay.

Sydnee:

Mix your urine with bleach, if it gets foamy you're pregnant.

Justin:

Okay.

Sydnee:

Again this is dangerous don't do it.

Justin:

Don't do it.

Sydnee:

Probably not as dangerous but a little gross, the toothpaste test. [laughs] You have to squirt some toothpaste in your cup of pee, and then stir it around until it mixes through it. I don't even know how long it would take you to mix toothpaste into pee.

Justin:

That's gross.

Sydnee:

Don't find out. Don't... Please don't tell us. Don't go do that.

Justin:

You know we don't wanna-

Sydnee:

I don't wanna know. It's okay. I'm comfortable not knowing. But if the mixture changes color or gets foamy you're pregnant.

Justin:

All right.

Sydnee:

So, they're just hedging their bets with that one. [laughs] Uh, there's a popular Pine-Sol test out there. Pretty straightforward. Mix urine and Pine-Sol, if it turns orange you're pregnant.

Justin:

Got it.

Sydnee:

Again, wouldn't recommend it. Dangerous.

Justin:

No. Dangerous. No it's all chemicals.

Sydnee:

Mixing chemicals. There's chemicals in pee. It's a waste product people. Um, this one probably not dangerous. Maybe a little more earthy for the, for the more organic.

Justin:

A homespun.

Sydnee:

For the more organic listener. Take some dandelion leaves. I, I always pi- I pictured this, I re- I read about this test and I pictured you doing it like outside like in the sunlight. Like in those like-

Justin:

Probably have some really close friends but inexplicably no family. Like one of those gatherings like-

Sydnee:

[laughs]

Justin:

... everybody gathered around in very loose fitting shirts I imagine.

Sydnee:

I, I pictured it like in those like douche commercials like women like running around outside-

Justin:

You mean for the *Jersey Shore*.

Sydnee:

... like waving around. Hahaha. [laughs] You know, no like douche. Wa-waving around sheets and stuff.

Justin:

Yeah.

Sydnee:

So you take off the dandelion leaves, you put them on like a piece of plastic or something on the ground. Like put them all, just group them all together on something, and then pee on them.

Justin:

Done.

Sydnee:

Um...

Justin:

What's supposed to happen?

Sydnee:

If red blisters appear on the leaves, if the leaves like blister and turn color then you're pregnant.

Justin:

These tests aren't that expensive guys. They're like \$3, you can get them in bulk.

Sydnee:

Think how—[laughs] Think how calming this could be-

Justin:

[crosstalk 00:29:34]-

Sydnee:

... out by the creek peeing on your dandelion leaves.

Justin:

Sure.

Sydnee:

I don't know. Um, I thought this was weird and again, did not sound safe. So I couldn't find the same amounts anywhere but you take some amount of Tylenol, one or two were the most popular answers I saw. Um, mix it with some amount of hydrogen peroxide. Again, every site had a different amount, and then, um, once you grind them up, you mix in the hydrogen peroxide, it's all mixed together then you pee in it.

Justin:

Got it, I'm peeing.

Sydnee:

If it turns blue you're pregnant.

Justin:

Oh, darn.

Sydnee:

If it turns any other color you're not. I don't know how many other colors it's gonna turn. And either way, again, this is not a good idea.

Justin:

Don't do this.

Sydnee:

Don't use hydrogen peroxide in there. Um, another thing I found, again a little more, you know, organic. If you miss a period, but you're not sure if it's because your period is irregular or because you're actually pregnant. Um, you, that you can do this test and if you, if you aren't pregnant it's gonna trigger you to have a period. So, you fill a bathtub with warm water, you pour in two cups of mustard powder.

Justin:

Ugh, what?

Sydnee:

[laughs] Then you take a bath in it for 20 minutes.

Justin:

Oh no.

Sydnee:

And then you do get to get out and shower off, so you don't smell like mustard.

Justin:

Oh thank God.

Sydnee:

If your period comes in a day or two, clearly you aren't pregnant. If a week or two goes by and you still haven't had your period... [laughs]

Justin:

Okay.

Sydnee:

... then you are.

Justin:

This... Okay, test. You had your shot, but that makes, that makes no sense.

Sydnee:

Well, uh, if another week or two go by, I mean...

Justin:

Yeah, probably.

Sydnee:

I mean, if you wanna know that badly spring for the test.

Justin:

Spring for the test I'll take a bath in mustard powder. [laughs] What's wrong with you?

Sydnee:

Um, even grosser, another one I found was mix together a fourth cup of vinegar and a fourth cup of tuna juice. Leave it overnight somewhere, I don't know where you wanna put that.

Justin:

In the neighbor's house [laughs].

Sydnee:

[laughs] Not, not anywhere you're gonna have to smell it. Um, not around our cats. We need to put it on a high shelf. Uh, the next morning you add your first morning urine in, and it will turn bright green if you're pregnant.

Justin:

Hmm.

Sydnee:

Um, and the only other thing that I found currently is that you could always, if you have animals, they could tell you if you're pregnant because-

Justin:

You ask them.

Sydnee:

They will, uh, they'll tell you?

Justin:

They'll just tell you.

Sydnee:

They'll just... No, they, uh-

Justin:

Look at your pet's eyes.

Sydnee:

They'll be a lot more attentive to pregnant women.

Justin:

Okay. Now that's legit. Our pets have been very atta— our cat CJ. The, the only one that interacts with us has been very affectionate towards you. I've noticed. Not jealous. It's just I've noticed.

Sydnee:

She, she has been very affectionate. I don't know that I would bank a pregnancy on whether or not your cats and dogs have been more affectionate towards you.

Justin:

It does help that you are constantly drinking milk. You are in a constant state of milk consumption.

Sydnee:

I think that may be the-

Justin:

It's probably part of it.

Sydnee:

... that may be the thing. And I'm eating a lot more now too.

Justin:

So she's stoked.

Sydnee:

Uh, there are, there is one sign that was actually found a long time ago, back in the 1900s early on, um, called Chadwick sign, named for a Dr. Chadwick who discovered it. Uh, at around six to eight weeks of pregnancy, a woman's, um, cervix, which you can't see from the outside by the way. Um, but you can see on a pelvic exam as well as possibly her labia and vagina can start to look a little like reddish blue or even kind of purple due to an, an increase in blood flow. Um, and that is called Chadwick sign. So, now as you can imagine, this was not something that was [laughs] routinely checked.

Justin:

No.

Sydnee:

Especially back in more, I think this was actually the 1800s, so back in more buttoned up times. Uh, it's not something I would want, you know.

Justin:

I'm confused why we wasted the money on tests. I could have just checked that out for you. No problem.

Sydnee:

Well, it doesn't happen with every single woman and it's variable in how much of a color change there is and PS, I can check myself out.

Justin:

You can't check your cervix.

Sydnee:

Well, you can't check-

Justin:

What are you, a circus performer?

Sydnee:

Well. How are you gonna look at my cervix honey?

Justin:

I'll just look for it.

Sydnee:

You'll look for it?

Justin:

I'll go to the place where it is [laughs] in your body, wherever that may be and will find it.

Sydnee:

No sir you will not. [laughs]

Justin:

So Syd, what's our like modern tests? You said, you mentioned HC- HCG.

Sydnee:

So that's how, that's how your home pregnancy tests work and that's actually how when you go to your doctor's office and pee in a cup, that's the same thing we're doing. Um, we're just looking for this hormone, HCG. Um, we, uh, we can also look for it in blood. So if you get a blood test, it's the exact same thing. Um, it, we can just find it in, in lower levels. So we could tell you a little sooner with a blood test.

Justin:

Mm-hmm [affirmative].

Sydnee:

Um, and that's the main thing about all these tests you need to know. Uh, they can, of course they can be wrong. They can be negative and be wrong. If they're positive, they're you usually right. So if you take a home pregnancy test and it says you're pregnant, it's pretty, pretty likely that you're pregnant. There are a few exceptions, but pretty likely you're pregnant. If you take one and you're negative, you may need to wait a little bit, because it depends on how high the level of hormone is.

Justin:

Mm-hmm [affirmative].

Sydnee:

Um, the original home pregnancy test, I just think this is kind of cool. They've been looking, I read, they've been looking for one to display at the Smithsonian, and they can't find one. Um, but because they, the first ones that they would let women buy and take home were these huge like chemistry sets, that had a bunch [laughs] of test tubes and different solutions. They included a, a tube that had a glutinated, like these like clotted sort of they're grouped together red blood cells. And you had to add urine for, urine to them.

Justin:

[laughs]

Sydnee:

I mean, it's crazy. And they had like droppers and mirrors and they took two hours to do. Um, but, but this was in 1977 so there are probably some people listening who have seen these.

Justin:

Yeah.

Sydnee:

Uh, I read that the Smithsonian would love to have one.

Justin:

That would have been le- much less charming if you had scampered from down, uh, downstairs from the bathroom and say, "Good news honey. It coagulated. Look."

Sydnee:

[laughs] "Look at my chemistry set!" [laughs]

Justin:

Look at this chemistry- No, not there, to look. No. Okay. Two beakers over. Okay. Let me turn off the buds and burner, hold on.

Sydnee:

[laughs] I'm wearing these giant goggles. [laughs]

Justin:

And rubber gloves.

Sydnee:

Big rubber gloves. Got my lab coat on. No, they were very cumbersome. And, um, if you, if you shook them wrong, like if you moved it too suddenly and startled it they wouldn't work. Um, if you didn't use your first morning urine they didn't work, they didn't work very well. But nowadays they're quite accurate, your home, home pee tests.

Justin:

Mm-hmm [affirmative].

Sydnee:

Um, but can always go check with your doctor if you're not sure. Or just, you know, wait a little bit.

Justin:

Yeah.

Sydnee:

Don't get too anxious.

Justin:

And you're gonna have to wait, uh, less time than normal for a new episode of *Sawbones* because we'll have another one for you on Tuesday. Sorry we're a bit late this week. Uh, Sydnee was under the weather.

Sydnee:

I'm, I think I'm through the worst of this plague. So we should be on time next week. And, uh, as I was, I know we said we were gonna do an episode on childbirth, but as I started digging in, you know, pregnancy and childbirth, it's a pretty big topic.

Justin:

There's a lot of stuff.

Sydnee:

There's a lot of stuff. I, I thought I'd start with testing for pregnancy and realize we had a whole show's worth of stuff. So, you know, we've got, we gotten 40 weeks?

Justin:

More to come. Uh-

Sydnee:

40 weeks for this baby? We got-

Justin:

Yeah, we got lots of themed episodes.

Sydnee:

... we got a lot of shows we can tell you about.

Justin:

Uh, we're gonna have more shows than normal actually coming up for you because, uh, next month it will mark the beginning of the Max Fun Drive, uh, where we'll be asking you to kick into the network, uh, and get some really cool stuff for yourself. In addition including a bonus episode of *Sawbones* and other shows of the Maximum Fun Network. Uh, speaking of those shows you can find them all at maximumfun.org. Shows like *Judge John Hodgeman*, *Stop Podcasting Yourself*, uh, *The Goose Down*, *Oh No Ross and Carrie*.

Sydnee:

My Brother, My Brother And Me.

Justin:

Oh thank you so much Sydnee. And, uh, many, many others. Wanna thank everybody who, uh, tweeted about this show this week. Um, people including Chelsea Manders, Ian Kelly, Jennifer Panic, Matt Pascal, uh, Travis, Megan Williams, McKinzie Walton, uh, Coran Porter, Aaron Deal. Chris McIrishjihad. Okay. Uh, Claire Tune, Kira, Grayson Morley. So many others. Thank you so much. Uh, we, we sure appreciate you helping us spread the word.

Sydnee:

Thank you for all the well wishers. Yeah, we really appreciate that too.

Justin:

If you could ask somebody today, when you li- listen to this, whenever you listen to it. Ask the, the folks who follow you on Twitter and Facebook to listen to our show, you can link them to sawbonesshow.com or directly to our iTunes page. Also thanks the Taxpayers for letting us use their song *Medicines*, uh, in, in our opening and closing music. You can go buy all their music and we, we'll...

Sydnee:

And you should do that.

Justin:

To go do that.

Sydnee:

Go do that.

Justin:

And, uh, speaking of things you should do, make sure to join us again next Tuesday. Until then I'm Justin McElroy.

Sydnee:

I'm Sydnee McElroy.

Justin:

And as always don't drill a hole in your head.

[theme music plays out]

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