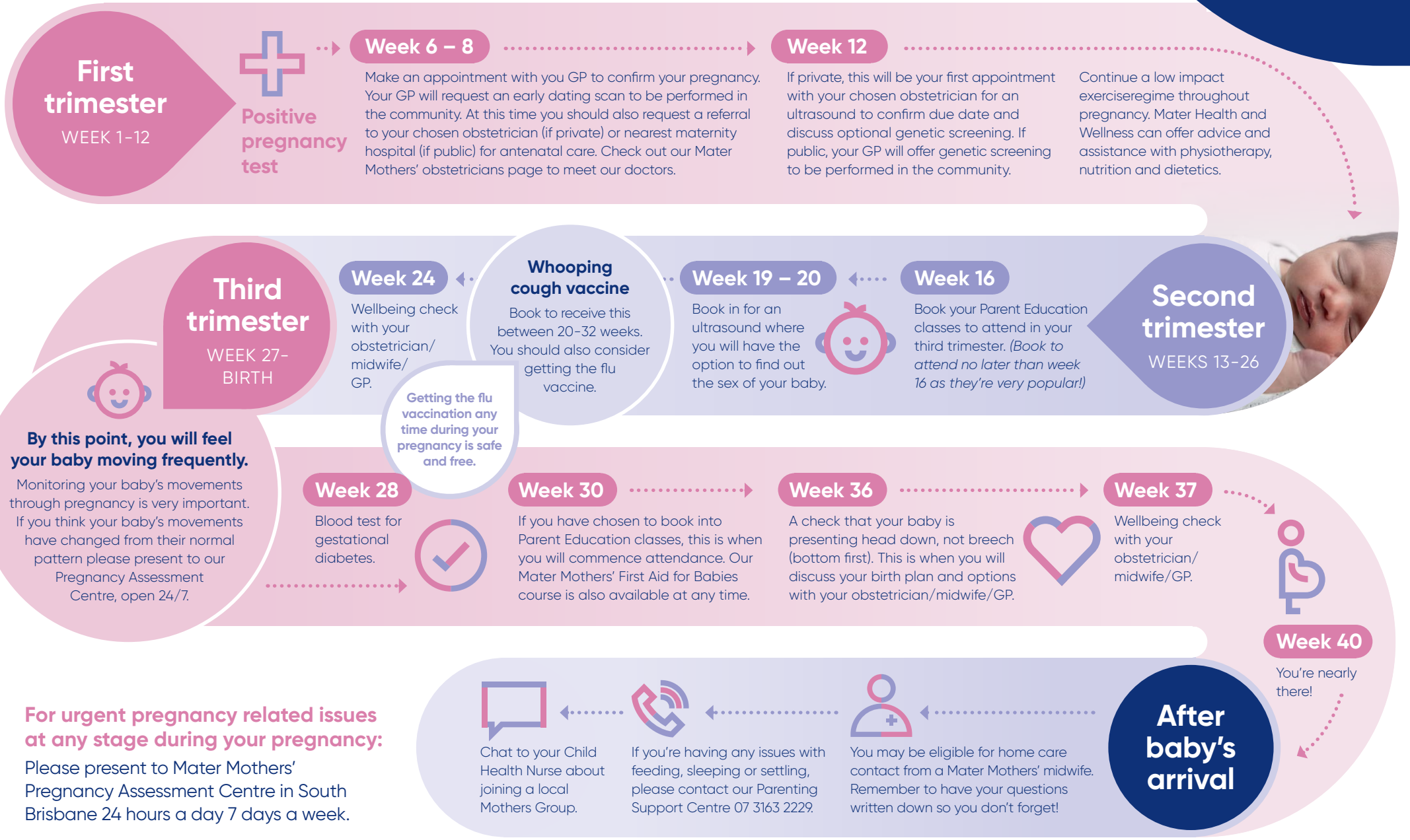


# Your Pregnancy Journey

For women living in South East Queensland



## First trimester WEEK 1-12

  
**Positive pregnancy test**

### Week 6 – 8

Make an appointment with you GP to confirm your pregnancy. Your GP will request an early dating scan to be performed in the community. At this time you should also request a referral to your chosen obstetrician (if private) or nearest maternity hospital (if public) for antenatal care. Check out our Mater Mothers' obstetricians page to meet our doctors.

### Week 12

If private, this will be your first appointment with your chosen obstetrician for an ultrasound to confirm due date and discuss optional genetic screening. If public, your GP will offer genetic screening to be performed in the community.

Continue a low impact exerciseregime throughout pregnancy. Mater Health and Wellness can offer advice and assistance with physiotherapy, nutrition and dietetics.

## Third trimester WEEK 27- BIRTH



### Week 24

Wellbeing check with your obstetrician/ midwife/ GP.

### Whooping cough vaccine

Book to receive this between 20-32 weeks. You should also consider getting the flu vaccine.

### Week 19 – 20

Book in for an ultrasound where you will have the option to find out the sex of your baby.



### Week 16

Book your Parent Education classes to attend in your third trimester. *(Book to attend no later than week 16 as they're very popular!)*

## Second trimester WEEKS 13-26



### By this point, you will feel your baby moving frequently.

Monitoring your baby's movements through pregnancy is very important. If you think your baby's movements have changed from their normal pattern please present to our Pregnancy Assessment Centre, open 24/7.

Getting the flu vaccination any time during your pregnancy is safe and free.

### Week 28

Blood test for gestational diabetes.



### Week 30

If you have chosen to book into Parent Education classes, this is when you will commence attendance. Our Mater Mothers' First Aid for Babies course is also available at any time.

### Week 36

A check that your baby is presenting head down, not breech (bottom first). This is when you will discuss your birth plan and options with your obstetrician/ midwife/ GP.



### Week 37

Wellbeing check with your obstetrician/ midwife/ GP.

### Week 40

You're nearly there!

### For urgent pregnancy related issues at any stage during your pregnancy:

Please present to Mater Mothers' Pregnancy Assessment Centre in South Brisbane 24 hours a day 7 days a week.



Chat to your Child Health Nurse about joining a local Mothers Group.



If you're having any issues with feeding, sleeping or settling, please contact our Parenting Support Centre 07 3163 2229.



You may be eligible for home care contact from a Mater Mothers' midwife. Remember to have your questions written down so you don't forget!

## After baby's arrival