

Care during your **pregnancy**

*Everyone's
pregnancy is different.
Talk to your
healthcare provider(s)
about what type of
pregnancy care is
best for you.*



To learn more visit
health.gov.au/pregnancy-information-resources
or scan the QR code.

These resources provide general information about pregnancy care. They are based on the best practice, evidence-based Australian Pregnancy Care Guidelines. You can use them to discuss your own pregnancy care with your healthcare provider(s) and decide together what is best for you.

Issue 1, September 2025



Australian Government
**Department of Health,
Disability and Ageing**





What is **pregnancy care**?

Throughout your pregnancy, your chosen healthcare provider(s) will help look after the health of you and your baby.

You'll be offered scans, regular check-ups and tests, and appointments with health professionals like midwives, general practitioners (GPs), and obstetricians.

It's your pregnancy – your healthcare team are there for you and can answer any questions you have about your pregnancy or the birth.



Helpful resources for your pregnancy

The Australian Government has developed some short resources to help explain the care you should receive during pregnancy.

They include pregnancy information, checklists and useful questions to ask your healthcare provider(s).

They are based on the Australian Pregnancy Care Guidelines, which reflect best practice and the latest evidence. The Guidelines are regularly updated and intended for midwives, GPs, obstetricians and other healthcare providers.

These resources provide general information about pregnancy care. You can use them to discuss your own pregnancy care with your healthcare provider(s) and decide together what is best for you.

