



Pregnancy timeline

Your healthcare provider(s) will guide you through your pregnancy



Care during your pregnancy

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 checkups and tests, and appointments with health professionals like midwives, general practitioners (GPs), and obstetricians.

This fact sheet provides a general guide to the standard appointments, tests and check-ups you should expect during a healthy pregnancy. Your healthcare provider(s) will guide you through this, and you can ask questions at any time if anything isn't clear.

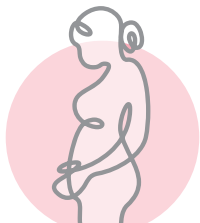
The timing and number of visits and tests listed below may change slightly depending on the type of pregnancy care you choose, and your health needs.

Some appointments and tests may have a cost. If so, your healthcare provider will discuss any charges with you in advance. If you are ever unsure about costs, feel free to ask.



This fact sheet is based on the clinical best practice, evidence-based recommendations outlined in the Australian Pregnancy Care Guidelines, and includes a checklist of items you may like to discuss with your chosen healthcare provider(s) at your pregnancy health appointments.





0 to 10
weeks

The first 10 weeks of pregnancy

Contact your GP or health service to schedule your first pregnancy appointment. This is a long appointment and happens in the first 10 weeks of pregnancy.

Everyone's pregnancy is different so knowing what to expect can help

Your first pregnancy appointment

At your first appointment, a health professional will ask you about your medical history and provide advice, discuss options for your pregnancy care, and arrange tests.

The checklist below shows what your first appointment should include.

First appointment check list

Discussing the date of conception and your last menstrual period. ☐

Measuring your height and weight. ☐

Discussing the options for your pregnancy care, such as where you will give birth, how many healthcare appointments you'll need and when. ☐

Providing general advice on topics such as: ☐

- pregnancy symptoms
- supplements and vitamins
- smoking, alcohol and substance use
- nutrition and physical activity, and
- dental visits.

Offering a blood test to check your blood group and antibodies, and other checks for conditions like: ☐

- anaemia
- rubella
- asymptomatic bacteriuria, and
- sexually transmitted infections (STIs) such as HIV, hepatitis B, hepatitis C, syphilis, chlamydia and gonorrhoea.
- If needed or if a risk is identified, other targeted screening tests might include Vitamin D, HPV, thyroid and/or an early gestational diabetes screen.

Offering an ultrasound scan to assess your baby's age (this scan should be done between 8 and 14 weeks of pregnancy). This scan helps to work out your likely due date. ☐

Offering a combined screening test that includes a blood test and ultrasound scan to assess the chance of chromosomal conditions such as Down syndrome. ☐

Measuring your blood pressure. ☐

Assessing the risks of preeclampsia, preterm birth, high blood sugar (gestational diabetes/hyperglycaemia) and thyroid dysfunction. ☐

Discussing supplements like folate, iodine and iron. ☐

Discussing vaccinations including influenza, RSV (respiratory syncytial virus) 1 and whooping cough. ☐

Offering genetic testing if needed. ☐

Discussing your mental wellbeing and emotional support. ☐

Appointments during your pregnancy

These checks will take place at every appointment during your pregnancy:

- measure baby's growth
- check baby's heartbeat
- discuss baby's movements
- measure your blood pressure
- if you have signs of pre-eclampsia (e.g. high blood pressure), a test for high levels of protein in your urine (proteinuria) may be recommended.

Your health professional should also discuss ways you can monitor your weight change, diet and level of physical activity during pregnancy.

In addition, the following checks should happen at specific times during pregnancy.

Between **16 to 19 weeks**, you should be offered an appointment to:

Discuss results of all tests undertaken in early pregnancy.

Offer an ultrasound scan (also called a fetal anatomy scan or morphology scan) to be carried out at 18-20 weeks. This ultrasound may also measure the length of your cervix.

16 to 19 weeks

Between **20 to 27 weeks**, you should be offered an appointment to:

Test for high blood sugar (gestational diabetes/hyperglycaemia) between 24 to 28 weeks.

Have a urine test, if you have signs of a urinary tract infection or raised blood pressure.

20 to 27 weeks

At **28 weeks**, you should be offered an appointment to:

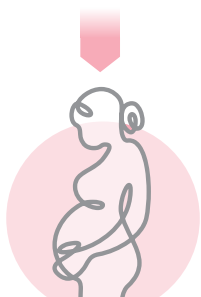
Discuss mental wellbeing and screen for depression and anxiety symptoms.

Have a blood test for anaemia, your blood group and antibodies.

Offer anti-D injection if your blood group is rhesus-negative and you have no anti-D antibodies

28 weeks





29 to 34 weeks

Between **29 to 34 weeks**, you should be offered an appointment to:

Discuss results of all tests done at 28 weeks.

Offer a second anti-D injection at 34 weeks if your blood group is rhesus-negative and you have no anti-D antibodies.

Discuss topics such as skin-to-skin contact at birth, partner support, early feeding, rooming-in, attachment, breastfeeding, feeding on demand and safe infant formula feeding, if you choose to formula feed.

Help you prepare for labour and birth, including discussing your birth plan and pain management during labour, and recognising the stages of labour.



35 to 37 weeks

Between **35 to 37 weeks**, you should be offered an appointment to:

Assess the way your baby is positioned and how far down the baby's head has moved into your pelvis.

Offer a test for Group B streptococcus (if your hospital policy is to routinely test all women).

Get information and discuss any concerns or questions about caring for your new baby, newborn screening tests, vitamin K for your baby, and support in the post-birth period such as maternal and child health services and mental wellbeing supports.



38 to 40 weeks

Between **38 to 40 weeks**, you should be offered an appointment to:

Assess the way your baby is positioned and how far down the baby's head has moved into your pelvis.

Provide information on the length of pregnancy and onset of labour, with an opportunity to discuss any concerns and ask questions.



41 or more weeks

If you have not given birth by **41 weeks**, you should expect an appointment to:

Discuss options for inducing or encouraging labour, with an opportunity to discuss any concerns and ask questions.



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.