YOUR QUICK PREGNANCY GUIDE

Once your baby is born
Home anywhere from 2 hours to 4 days. Your midwife will visit within the first 24 hours and is always contactable by phone if you need any help.

Do you think you are pregnant?
Visit your GP, midwife or a family planning clinic for a free pregnancy test. For a healthy baby take folic acid and Iodine, no alcohol, become smokefree.

40-42 weeks
Careful monitoring once you reach 41 weeks, or if there are any concerns, your midwife will organise a specialist visit for a plan around inducing labour.

Weeks 4-8
Find a midwife. Gentle exercise is good for baby and you too. Not smokefree yet? Talk to your midwife about smoking cessation support.

Weeks 37-40
Prepare for birth. Talk with your midwife, finalise birth plan. Your midwife may suggest you have a scan to check baby's growth.

Week 7-10
You should have your first visit with your midwife.
Week 10
By the end of week 10 you should have had blood tests to check you and your baby are healthy.

Weeks 29-36
Pregnancy may start becoming uncomfortable. Attend a breastfeeding class.

Weeks 9-13
Your midwife or GP will offer you a ultrasound scan (1st trimester combined screening) to check baby is growing properly.

Weeks 24-28
Blood tests to screen for Gestational (pregnancy) diabetes, low iron levels and anti-bodies. Talk with your midwife about your Birth Plan. Attend your Bump, Birth & Baby classes to prepare for labour and taking baby home. Stock up on baby gear and organise your carseat.

3RD TRIMESTER 27 - 40 weeks

1ST TRIMESTER 0 - 13 weeks

2ND TRIMESTER 14 - 26 weeks

Weeks 21-24
Keep up a healthy diet and gentle exercise.

Weeks 18-22
Ultrasound scan often called the Anatomy scan to check baby is growing well. You may be able to find out sex.

Weeks 14-20
Time to book Antenatal Classes - *Bump, Birth & Baby* is a **FREE** class. Phone 8788109 ext: 6186. Text 027 531 6242 or Email:bbb@hbdhb.govt.nz You can stop Folic acid tablets - keep taking iodine.
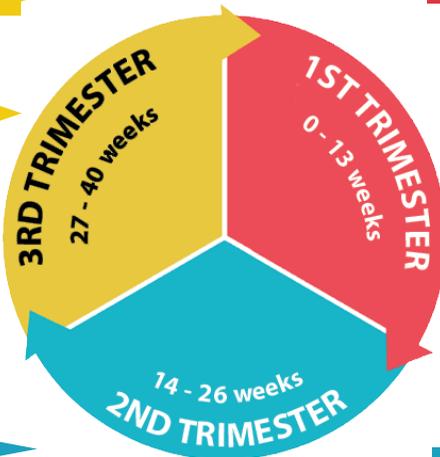
The most important thing to do is to find a midwife
www.findyourmidwife.co.nz   www.smartstart.services.govt.nz