

Regular Appointments During Pregnancy



Helping reduce the risk of stillbirth

Going to regular pregnancy appointments helps keep you and your baby safe. These check-ups help check your baby's health and growth. You can also talk about any concerns and learn how to reduce the risk of stillbirth.

Ways to help reduce the risk of stillbirth

Avoid smoking and exposure to cigarette smoke.

Know your baby's movements and seek help if they change.

From 28 weeks, sleep on your side.

Talk to your healthcare provider about the timing of your baby's birth.

Your pregnancy appointments

At every health appointment, your healthcare provider may:



Measure
your blood
pressure



Check in
on your
health and
wellbeing



Measure
baby's
growth



Check
baby's
heartbeat



Discuss
baby's
movements

Contact your health service or your doctor (GP) to have your first appointment.

First 10 Weeks of Pregnancy

This will be a longer appointment. You can expect to:

- Talk about your pregnancy and estimate your due date
- Talk about your health history, including mental and emotional wellbeing
- Discuss supplements and medications
- Measure your height, weight and blood pressure
- Receive referral for blood and urine tests
- Discuss genetic (biological) screening options
- Receive referral for your first ultrasound
- Discuss smoking, exposure to cigarette smoke and where to get support.

VACCINE:

You can get the flu (influenza) vaccine at any stage of pregnancy.

16-19 Weeks

- Discuss your early pregnancy results and if health supplements are needed.
- Arrange your 18-20 week morphology scan.

18-20 Weeks

- Have a morphology scan. It is a longer and detailed ultrasound to check your baby's organs, growth and development.

VACCINE:

Any time between 20 and 32 weeks, you can get the whooping cough vaccine.

24-28 Weeks

- Test for gestational diabetes (high blood sugar).
- Have any other routine blood tests (if needed).
- From 28 weeks, go to sleep on your side.

INJECTION:

At around 28 weeks, depending on your earlier blood test, you may need an anti-D injection.

29-34 Weeks

- Discuss your test results.
Note: If you had an anti-D injection before, you will have another injection at this time.
- Discuss your birth plan and pain relief options.

VACCINE:

Any time between 28 and 36 weeks, you can get the RSV Vaccine.

35-37 Weeks

- Check your baby's position and how far the baby has moved down into your pelvis.
- Discuss birth information, mental wellbeing support, caring for your new baby, and other information, like what to expect for newborn screening tests and vitamin K for your baby.
- **Test: You may be offered a Group B Streptococcus (GBS) screening test. Your healthcare provider may take a swab from your lower vagina and rectum. If the test is positive, you will usually be offered antibiotics during labour to protect your baby.**

38-40 Weeks

- Check your baby's position and how far the baby has moved down into your pelvis.
- Discuss the safest timing of your baby's birth.

41 Weeks

- Discussion about options for encouraging labour if you have not given birth yet.

These are regular appointments, but your healthcare provider may suggest extra ones if needed.



If you have questions in between appointments, you can contact your healthcare service or call the **Pregnancy, Birth and Baby Hotline** on **1800 882 436**.

If you need an interpreter, let your healthcare provider know when you book your appointments.

