

Your Pregnancy Journey

For women living on the Gold Coast

 **mater**
mothers

First trimester

WEEK 1-12



Positive pregnancy test

Week 6 – 8

Make an appointment with your 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 exercise regime throughout pregnancy. Mater Health and Wellness can offer advice and assistance with physiotherapy, nutrition and dietetics.

Third trimester

WEEK 27-
BIRTH



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 call our maternity team on 07 5535 0726

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.

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

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



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.

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!

After baby's arrival



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 team on 07 5535 0726.



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!