Pregnancy Journey Map

Week 4–6
Missed period, home pregnancy test.

Week 6–8

Week 12
Ultrasound to confirm due date. Optional Down Syndrome Test. Make appointment to book into hospital.

Week 16
Consider antenatal classes if interested, book in early to attend. Antenatal classes available for Young Mums.

Week 19–20
Ultrasound to look for any abnormalities also option to find out sex of baby.

Week 24
Tummy measurement and baby’s heart rate.

Week 28
Blood test for gestational diabetes – fast 10–12 hours. 1st of two doses of Anti D given if Rh negative blood group.

Week 30
Optional antenatal & breastfeeding classes

Week 32
Week 34
2nd Anti D given if Rh negative blood group.

Week 36
Group B Streptococcus test (GBS). Check foetus position is presenting head down, not breech (bottom first)

Week 37
Obtain GBS results

Week 38
NEARLY THERE!

Week 39

Week 40–42
Antenatal visits. Arrival of your baby!

After Baby’s Arrival
Day 3
Home visit from midwife. If having difficulty with breastfeeding contact the lactation clinic,

Day 6
Home visit from Maternal and Child Health Nurse.

Having a baby in Albury Wodonga – AWH Phone: 02 6051 7240

The Pregnancy Journey Map