PREGNANCY JOURNEY MAP



People living well

PLANNING

Planning a pregnancy in the next 12 months? Book a preconception appointment (lifestyle, pathology, immunisations, supplements, genetic testing).

WEEK 4-6

Missed period, home pregnancy test. Contact Gateway Health Medical Practice for Midwife or GP appointment. raisingchildren.net.au

WEEK 6-8

Pregnancy counselling, lifestyle and care options discussed, including termination options. Symptom management.









Emotional and social well-being check, including previous birth trauma. Prenatal screening discussed. Referral for 13-week nuchal translucency ultrasound. birthtrauma.org.au

WEEK 8-12



WEEK 12-16

Link in with GP Obstetrician. Referral to choice of birthing facility.









WEEK 16-20

GP Obstetrician appointment. Referral for



WEEK 32-34

Labour and birth education. Consider need for growth scan.



WEEK 28-32

Pregnancy Care Plan, including preparation for new baby.



WEEK 24-28

Breastfeeding education. breastfeeding.asn.au



WEEK 20-24

Consider antenatal education options.



WEEK 34-36

Postnatal education. rednose.org.au/section/ safe-sleeping









WEEK 36-38

GP Obstetrician appointment. Check baby is presenting head down.





WEEK 38

Weekly appointments. Discuss antenatal expressing.



WEEK 39



Revisit signs of labour.



Pathology (Blood & Urine Tests)



Foetal Movements



Baby's Heart Rate



Ultrasound



Tummy Measurement



Blood Pressure



Mother's **Sleeping Position**



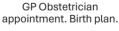
Immunisations

WEEK 41-42

REST, HYDRATE, MOVE. EAT. REPEAT!

Midwife contact.

WEEK 40























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