PREGNANCY JOURNEY MAP

gateway health
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.

WEEK 8-12
Emotional and social well-being check, including previous birth trauma. Prenatal screening discussed. Referral for 13-week nuchal translucency ultrasound.
birthtrauma.org.au

WEEK 12-16
Link in with GP Obstetrician. Referral to choice of birthing facility.

WEEK 16-20
GP Obstetrician appointment. Referral for morphology ultrasound.
stillbirthcre.org.au/parents/safer-baby/movements-matter/

WEEK 20-24
Consider antenatal education options.

WEEK 24-28
Breastfeeding education.
breastfeeding.asn.au

WEEK 28-32
Pregnancy Care Plan, including preparation for new baby.

WEEK 32-34
Labour and birth education. Consider need for growth scan.

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.

WEEK 40
GP Obstetrician appointment. Birth plan.

WEEK 41-42
REST, HYDRATE, MOVE, EAT, REPEAT!
Midwife contact.

- Pathology (Blood & Urine Tests)
- Foetal Movements
- Baby's Heart Rate
- Ultrasound
- Tummy Measurement
- Blood Pressure
- Mother's Sleeping Position
- Immunisations

Gateway Health
T: 02 6022 8888 | Free call: 1800 657 573

Interpreter