ALBURY/WODONGA PREGNANCY JOURNEY MAP





WEEK 4-6

Missed period. home pregnancy test.

WEEK 6-8

GP appointment to confirm pregnancy via urine test. Referral for blood test and if required ultrasound. Pregnancy and antenatal options discussed, pregnancy counselling available. **Download Maternity** Care Patient Information Booklet from AWH webpage.

WEEK 12

Ultrasound to confirm due date and early development.

Discussion for screening for genetic conditions. Make appointment to book into hospital.



WEEK 16

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

ultrasound at 19-20 weeks.



WEEK 30 Optional antenatal and breastfeeding classes.

WEEK 26-28

Blood test for gestational diabetes - fast 10-12 hrs. First of two doses of Anti D given if Rh Negative blood group.

Flu and Whooping Cough Vaccine. Recommended from third trimester that mother's sleep on their left hand side.









WEEK 24

Tummy measurement and baby's heart rate.

4

option to find out sex of baby. Movements Matter website: www.movementsmatter.org.au



WEEK 32 WEEK 34

Foetal

Baby's

Movement

Heart Rate

Ultrasound

Measurement

Sleeping Position

Tummy

Mothers

Second Anti D given if Rh Negative blood group.

Referral for Ultrasound if having a growth scan at 36 weeks.

WEEK 36

Group B Streptococcus test (GBS).

Check baby's position is presenting head down.

Ultrasound/ Growth Scan.











WEEK 37 Obtain GBS results.

Blood Pressure

WEEK 38



AFTER BABY'S ARRIVAL

6 WEEK POSTNATAL

Maternal check up. Parent and Baby Unit available if needed: 02 6051 7174.

DAY 6-12

Home visit from Maternal and Child Health Service.

DAY 3-10

Home visit from Midwife. Appointment with Lactation clinic if needed: 02 6051 7174.

WEEK 37-42

Antenatal visits and plan for delivery with your maternity care provider. Arrival of your baby.

WEEK 39



Having a baby in Albury Wodonga - Albury/Wodonga Health Phone: **02 6051 7240** | After Hours: **02 6051 7250** | www.awh.org.au