

WANGARATTA 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 optional dating ultrasound. Pregnancy and antenatal options discussed: Antenatal clinic (ANC)/GP shared Care or Midwifery Group Practice (MGP). Pregnancy counselling available. Discuss with GP need for:
• Early GTT
• Aspirin/Calcium

WEEK 9-11
Discussion for screening for Genetic conditions. Combined First Trimester Screening Blood Test.

WEEK 11-13
Combined First Trimester Screening Ultrasound. Non-Invasive Prenatal Test (NIPT). Request GP to send referral to hospital for ANC or MGP Triage.

WEEK 13-16
Will be contacted by the hospital with your first Antenatal appointment.

WEEK 14-19
Second trimester Maternal Serum Screening if needed. Optional NIPT.

WEEK 20
Ultrasound. Flu and whooping cough vaccine. Book for Birthing Classes for 30-35 weeks. Movements Matter website: www.movementsmatter.org.au

WEEK 24

WEEK 26-28
Blood test for gestational diabetes (the GTT) – fast for 8-10 hours prior. First of two doses of Anti D given if Rh Negative blood group. Growth ultrasound if required.

WEEK 30

WEEK 32
Growth Ultrasound if required.

WEEK 34
Second Anti D given if Rh Negative blood group.

WEEK 36
Group B Streptococcus test (GBS). Check baby's position is presenting head down. Growth Ultrasound if required. Referral to Lactation Clinic.

WEEK 37
Obtain GBS results.

WEEK 38
NEARLY THERE!

AFTER BABY'S ARRIVAL

DAY 3-10
Home visit from Midwife. Appointment with Lactation clinic 03 5722 5487.

DAY 6-12
Home visit from Maternal and Child Health Service.

6 WEEK POSTNATAL
Maternal check up.

WEEK 40-42
ARRIVAL OF YOUR BABY!

WEEK 39

- Foetal Movement
- Baby's Heart Rate
- Ultrasound
- Blood Pressure
- Tummy Measurement
- Mothers Sleeping Position