

A top-down photograph of a white cup of coffee, a notebook with a pen, and several lavender flowers on a light-colored surface. The notebook has a small drawing of a baby's clothing on it.

*Advice Checklist*

# Pregnancy Checklist

Here's a simple checklist to help guide you through a healthy pregnancy. You can print it out so it's easier to use.

## 1<sup>st</sup> trimester – weeks 1 to 12

### Visit your doctor

As soon as you think you're pregnant, go and see your doctor. They can confirm you're pregnant, determine your due date and help you plan your antenatal health care program.

### Book your antenatal check-ups

You'll need regular check-ups throughout your pregnancy to make sure everything's going well. Your first antenatal visit should be between 10 and 16 weeks.

### Consider screening tests

From about 11 weeks, you'll be offered blood tests and ultrasound scans to check on your baby's development. Your first ultrasound will be between 8 and 12 weeks.









