



Grampians Health – Ballarat Pregnancy Journey

Information for patients and carers





<p>Congratulations – you are having a baby.</p> 	<p>4-12 weeks Care with GP</p> <p>Antenatal blood tests Dating Ultrasound and screening tests for abnormalities; combined screen or NIPT (non-invasive prenatal test)</p> <p>GP to fax referral to BHS</p>	<p>12-16 weeks Phone booking with midwife and first appointments at Grampians Health - Ballarat with Midwife and Doctor.</p>	<p>Consider Childbirth Education Classes, Early Pregnancy Class and Breastfeeding Class – discuss with midwife to book in.</p> <p>Referrals to social work, QUIT for smoking cessation and other supports if required.</p>	<p>20-22 weeks Appointment with midwife or doctor. 20 week Ultrasound (a few days prior to your appointment) to look for any abnormalities Flu Vaccine and Whooping Cough Vaccine.</p> 
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This diagram is a guide to your pregnancy visits.





Your visit schedule timing may alter according to your individual needs.

You can contact Maternity Outpatients at any time on 5320 4533






<p>34 weeks Visit with midwife or doctor. Second Anti-D given if Rhesus Negative blood group.</p> 	<p>30-31 weeks Visit with midwife or doctor. Optional Childbirth Education and Breastfeeding Classes begin at this gestation.</p> 	<p>28 weeks (until birth) Settling to sleep on your side. Getting to know your baby's movements is important from now until birth. If concerned, please call labour ward on 5320 4980 and speak to a midwife. They are open 24/7.</p>	<p>28 weeks Visit with doctor. 3 days prior to appointment blood test for gestational diabetes; fast for 10-12hrs prior. First of two doses of Anti-D given if Rhesus Negative blood group.</p> 	<p>25 weeks Appointment with midwife or doctor.</p> 
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(36-40 weeks some women might need weekly visits)

<p>36 weeks Visit with doctor. Discuss assisted birth Group B Streptococcus test (GBS) Check baby is presenting head down</p> 	<p>38 weeks Visit with midwife or doctor. Obtain GBS result</p> 	<p>40 weeks Visit with midwife or doctor.</p> 	<p>41 weeks Ultrasound prior to visit Visit with doctor Induction of labour will be discussed with you</p>  <p>CONGRATULATIONS!</p>
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Key:

- Fetal movement 
- Baby's heart rate 
- Abdominal measurement 
- Blood Pressure 