

Booking Your First Visit

Once you are pregnant, your GP will refer you to an obstetrician for your first appointment. During this visit, your obstetrician or midwife will:

- Take your medical and family history.
- Perform an examination to identify any factors relevant to your pregnancy.

Recommended Tests During Pregnancy

Throughout your pregnancy, several tests may be recommended, including:

- **Blood tests**
- **Urine tests**
- **Ultrasounds**
- **Genetic tests**

Additionally, you will receive guidance on:

- Diet and food preparation
- Dietary supplements and vitamins
- Exercise during pregnancy
- Lifestyle factors that may affect your health and your baby's wellbeing

While pregnancy is a natural process and most women experience no complications, some may arise. To ensure both you and your baby remain healthy, further appointments will be scheduled to monitor your progress. Additional tests or investigations may be recommended if necessary.

Appointment Schedule

- **Every 4 weeks** until the **32nd week**
- **Every 2 weeks** from **32nd to 36th week**
- **Weekly appointments** from **36 weeks until birth**

During these visits, you will have the opportunity to discuss your birthing plan. While most women give birth vaginally, some conditions may require a **caesarean section (C-section)**. If necessary—or if you elect to have a C-section—this is typically scheduled between **39 and 40 weeks** of pregnancy.

When to Contact Your Obstetrician or Midwife

It is important to inform your healthcare provider **immediately** if you experience any of the following:

- Vaginal bleeding
- Leakage of amniotic fluid
- Abdominal pain
- Decreased baby movements
- Abdominal trauma

If you have any questions or concerns that cannot wait until your next scheduled appointment, please feel free to contact the clinic.
