

# Loddon Mallee Region **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. Discuss possible supplements to support your wellbeing



#### Week 12

Ultrasound to confirm due date and early development.

Discussion for screening for genetic conditions.

GP referral to hospital/make appointment to book into hospital.





#### Week 15-17

Consider antenatal classes if interested, book early to attend.

Initial hospital visit.

Referral for ultrasound at 19-20 weeks



#### Week 31-32

Education around labour, birth and early parenting.









## Week 34

Second Anti D given if RH Negative blood group.

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

> Education on perineal care, GBS swab and tests for your baby.



#### Week 36

Group B Streptococcus swab (GBS).

Check baby's position is presenting head down.

Ultrasound/Growth if applicable.

Discussion regarding your wishes around the birth, and third stage, early parenting time and options to feed your baby.



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## Week 37

The visits in the last weeks of the pregnancy are tailored to your needs.















## **Day 3-10**

Home visit from Midwife.

## **Day 6-12**

Home visit from Maternal and Child Health Service.

#### **6 Week Postnatal**

Mother and baby check-up. Blood test.

#### Week 37-42

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

Arrival of your baby.









## Week 38-39

Nearly there!









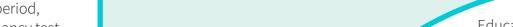












Week 26-28

Blood test for gestational diabetes - fast for 10-12 hours.

First of two doses of Anti D given if RH Negative blood group.

Recommended for third trimester onwards that mother sleeps on her side.





Week 22

Visit to review your ultrasound,

baby's heart rate and blood

pressure.

Flu and Whooping

Cough Vaccine.

Request for the blood test

to be done between 26-28 weeks.

Your antenatal pathway

may vary depending

on your needs.











Blood

**Foetal** 

Movement

Pressure



**Mother's** Sleeping **Position** 



Baby's Heart Rate



**Ultrasound** 



**Blood Test** 

## Week 20

Ultrasound to check all is going well and you may be able to find out the sex of the baby. Movement Matters website: www.movementsmatter.org.au













