

# Pregnancy Timeline

My Midwife is: \_\_\_\_\_

My Doctor is: \_\_\_\_\_

Done a test at home and your pregnant!  
Make an appointment with a Doctor/Midwife to confirm the pregnancy, arrange antenatal bloods and dating scan.



First Trimester

**10-12 weeks** Discuss with Doctor/Midwife about having the First trimester screen

**14 weeks** Doctor/Midwife regular check up, can usually hear a fetal heart now

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**18 weeks** Doctor/Midwife regular check up, can definitely hear the heart beat now and maybe feel some flutters

**20-22 weeks** Hospital book-in paperwork done with a Midwife at Rockingham Maternity and Family Practice. (allow 1 hour)

**24-26 weeks** Routine check up Doctor/Midwife

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Second Trimester

**28 weeks** Glucose tolerance test Doctor/Midwife - time to book antenatal classes

**30 weeks** Routine check up Doctor/Midwife

**32 weeks** Routine check up Doctor/Midwife

**34 weeks** Routine check up Doctor/Midwife

**36 weeks** Doctor/Midwife check up, for group B strep swab and last blood test.  
Baby should now be head down.

**37 weeks** Routine check up Doctor/Midwife

**38 weeks** Routine check up Doctor/Midwife

**39 weeks** Routine check up Doctor/Midwife

**40 weeks** Doctor/Midwife check, discuss sweep  
Fetal monitoring



Third Trimester



Prepared by Kellee's Kards for Midwifery Matters  
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