

# Checkups, scans and tests during pregnancy

At each visit with your healthcare providers, they usually do a checkup on your health, assess how your baby is growing and discuss any questions or concerns you may have about your pregnancy.

## First visit

- Confirm pregnancy and due date
- Dating ultrasound (if dates not clear)
- Medical and family history
- Dietary advice and supplements
- Blood pressure, weight and height
- Blood and urine tests
- Cervical screening (if needed)

## 10 to 13 weeks

- Routine check
- Nuchal translucency scan and serum screening (for Down's Syndrome)
- Non-invasive prenatal testing (NIPT)
- Combined first trimester screening (CFTS)
- Chorionic villus sampling (CVS)
- Amniocentesis

## 18 to 22 weeks

- Routine check
- Morphology scan (ultrasound) to check baby's development
- Ultrasound to estimate how far along you are, check the placenta location and measure your cervix

## 20 to 28 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Blood glucose tolerance test
- Pertussis (whooping cough) vaccination

## 28 weeks

- Routine check
- Full blood count
- Urine test (if raised blood pressure)
- Anti-D injection (may be given if Rh negative)
- Respiratory syncytial virus (RSV) vaccination

## 29 to 34 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Urine test (if raised blood pressure)
- Second anti-D injection (if needed)

## 35 to 37 weeks

- Routine check
- Urine test (if raised blood pressure)
- Vaginal swab for Group B Strep
- Assess baby's presentation and station
- Some states offer additional blood tests

## 38 to 40 weeks

- Routine check
  - blood pressure
  - measure abdomen for baby's growth
  - baby's heartbeat and movements
- Urine test (if raised blood pressure)

## 41 weeks

- Routine check
  - blood pressure
  - baby's heartbeat and movements
- Ultrasound to check fluid around your baby
- Urine test (if raised blood pressure)

Depending on your pregnancy, you may not need or want to have all of these checkups, tests and scans. They are not compulsory and every woman has the right to make their own informed decisions.