

Your Pregnancy Journey

For women living in North Queensland

First trimester

WEEK 1-12



Positive pregnancy test

Week 6 – 8

Make an appointment with your GP to confirm your pregnancy. Your GP will request an early dating scan to be performed in the community. At this time you should also request a referral to your chosen obstetrician. Visit the Mater Mothers' website to meet our doctors.

Week 12

This will be your first appointment with your chosen obstetrician for an ultrasound to confirm due date and discuss optional genetic screening.

Continue a low impact exercise regime throughout pregnancy. Our website offers online resources and information about exercises and keeping active, nutrition and dietetics.

Complete your online booking via the Patient Portal for Mater Mothers' Private Townsville.

Ensure this is submitted by Week 18.



Third trimester

WEEK 27- BIRTH

Week 24

You will attend your Pre-Admission Clinic Appointment. Please consider booking your hospital tour and into our Breastfeeding Physiotherapy classes for 36 weeks.

Whooping cough vaccine

Book to receive this between 20-32 weeks. You should also consider getting the flu vaccine.

Week 19 – 20

Book an ultrasound (where you will have the option to find out the sex of your baby, if you want to!).



Week 16

Book your Parent Education classes to attend in your third trimester. (*Book to attend no later than week 16 as they're very popular!*) At this time you can also book your pre-admission appointment with a Mater midwife.

Second trimester

WEEKS 13-26

Getting the flu vaccination any time during your pregnancy is safe and free.

By this point, you will feel your baby moving frequently.

Monitoring your baby's movements through pregnancy is very important. If you think your baby's movements have changed from their normal pattern please call Mater Mothers' Private Townsville on 07 4722 8866 to speak with one of our midwives.



Week 28

Blood test for gestational diabetes.



Week 30

If you have chosen to book into Parent Education classes, this is when you will commence attendance.

Week 36

A check that your baby is presenting head down, not breech (bottom first). This is when you will discuss your birth plan and options with your obstetrician or midwife.



Week 37

Wellbeing check with your obstetrician or midwife.



Week 40

You're nearly there!

For pregnancy related questions at any stage during your pregnancy, please call our Mater Mothers' Private Townsville midwives on 07 4722 8866.



Your Child Health Nurse will complete a home visit week two and four following your discharge. This is a great time to chat to your Child Health Nurse about joining a local mothers group.



If you're having any issues with feeding, sleeping or settling in the first six months, please contact our Parenting Support Centre 07 3163 2229 to book a telehealth appointment (with no out of pocket expense) Monday to Friday, 8am to 4pm.



You will attend your one week postnatal appointment at Mater Mothers' Private Townsville.



While in hospital, you can attend daily breastfeeding and mothers group sessions.

After baby's arrival