

A Typical First Trimester



Finding out you're pregnant

If your period is late and you think you might be pregnant, you'll probably take a home pregnancy test. If this shows good news, the next step is to **contact your family doctor**.

Your family doctor will confirm the pregnancy, and often will arrange your routine early pregnancy blood tests (screening tests). If there are any concerns, your doctor might arrange blood testing to check the pregnancy hormone levels, or sometimes ultrasound to check the dates. Early ultrasound testing can also make sure there's only one baby!

It's an exciting time, and there are important things to do. One of the first is to decide about where you plan to have the baby, and whom you'd like to care for you during pregnancy. Your family doctor can help you with these decisions.

When do I tell family and friends?

It's a good question, and there are no right answers. Most pregnancies go smoothly, and many couples want to tell their family and friends quickly. If morning sickness is a problem, or if your occupation is such that you need to tell your employer for safety reasons, then there may be little choice but to let people know.

However, many couples like to keep the news to themselves until they have the results of their early pregnancy tests. There's no single right answer – it's different for every couple.

What happens next?

If you find that morning sickness becomes a problem, there are steps you can take – discuss with your family doctor.

You'll be advised to have routine early pregnancy blood tests. These are an important part of care in early pregnancy, and your doctor will advise any special precautions, measures, medications, or supplements.

Tests in early pregnancy

It is common to be offered an ultrasound, either as part of a screening test for genetic conditions, or to establish the dates and the number of babies. A blood test may accompany the ultrasound.

You may be offered a blood test for the baby's DNA known as an NIPT – your doctor will discuss your risks, to help you decide if this is right for you.

Often, a urine test is performed, and you may also be offered a swab test for conditions such as thrush.

