

Welcome to your trimester roadmap...

Week 1-12
1st trimester



Week 13-27
2nd trimester



Week 28-41
3rd trimester



Self refer to the hospital/see your GP
Arrange booking appointment (8 -12 weeks)
You'll get your dating scan (8-14 weeks)
Look into antenatal classes
Take 400mcg of folic acid & vitamins, inc. vit D
Eat healthily, no alcohol, less caffeine
If you smoke, try to give up!
Exercise 150 mins per week
Look after yourself!

You'll be offered an anomaly scan at 18 - 20 weeks
Think about telling your employer your pregnancy
Start pelvic floor exercises
Look into antenatal classes
Take vitamins, inc vit D
Eat healthily - you don't need to eat for 2!
Exercise 150 mins per week
You could start thinking about birth plan
Look after yourself!

Tell your employer
Continue pelvic floor exercises
Antenatal classes begin
Continue to take vitamins, inc vit D
Eat healthily - you don't need to eat for 2!
Exercise 150 mins per week
Make a contraception plan for after the birth
Think about where the baby will sleep & how you will feed
Look after yourself!