
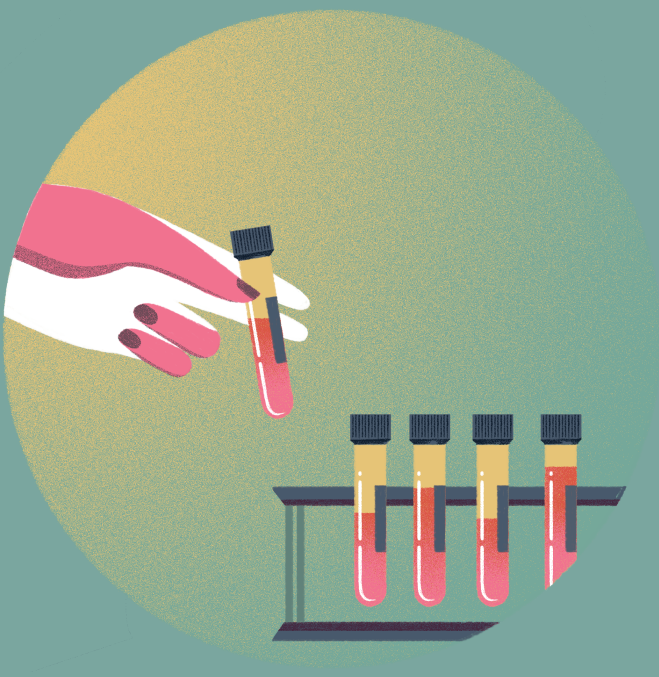



How do I know if my baby and I are healthy?



Testing per trimester

1st trimester (weeks 1-13)	2nd trimester (weeks 14-26)	3rd trimester (weeks 27-birth)
 <ul style="list-style-type: none"> ▪ Chromosomal abnormalities ▪ Maternal infections ▪ Thyroid disease ▪ Sexually transmitted diseases ▪ Anaemia ▪ Gestational diabetes ▪ Vitamin D for bone health ▪ Preeclampsia 	 <ul style="list-style-type: none"> ▪ Preeclampsia ▪ Chromosomal abnormalities ▪ Maternal infections ▪ Anaemia ▪ Gestational diabetes 	 <ul style="list-style-type: none"> ▪ Preeclampsia ▪ Maternal infections

Week 1

1st trimester

Vitamin D for bone health

Vitamin D helps maintain the calcium levels needed for your baby to build healthy bones and teeth. The test may help you to identify inadequate vitamin D levels during pregnancy (optional test in the first trimester).

Maternal infections

A number of infections, if present in the mother during pregnancy, can potentially cause problems. Screening involves a series of blood tests to check for these infections so that interventions can be made quickly if necessary (testing in first trimester; possible follow-up in second and third trimester).

Week 14

2nd trimester

Chromosomal abnormalities

This type of genetic disorder is associated with physical growth delays and some degree of learning disability. Down's syndrome risk, for example, increases with maternal age. The screening test combines an ultrasound examination with a blood test and can help define the risk of this condition early (testing in first or second trimester).

Thyroid disease

Thyroid hormones regulate metabolism and are critical to your baby's brain and nervous system development. Changes in thyroid function during pregnancy are normal, but too much (hyperthyroidism) or too little (hypothyroidism) can lead to problems. The screening test can help diagnose these conditions (testing in first or second trimester).

Week 27

3rd trimester

Preeclampsia

First trimester screening is important for predicting early onset preeclampsia so prophylactic measures can be taken. Second and third trimester preeclampsia testing can predict whether the condition is likely to occur so doctors can better monitor and manage the pregnancy (preeclampsia risk assessment: first trimester; preeclampsia testing: second and/or third trimester).

