

Prenatal Screening Tests

First trimester screening tests are available to all pregnant women. It is **OPTIONAL**. You may decide against testing.

The screening tests assess the chance of having a baby with a chromosomal abnormality such as:

- Down Syndrome (Trisomy 21)
- Edwards Syndrome (Trisomy 18)
- Patau Syndrome (Trisomy 13)
- Turner Syndrome (Monosomy X)

There are **TWO** tests available that indicate the likelihood the one of the above conditions is present.

Enhanced First Trimester Screening (eFTS) uses blood tests and an ultrasound that measures nuchal translucency (the fluid space at the back of the baby's neck) to determine risk of Down Syndrome

- Screening available between 11-14 weeks
- Results available during first trimester or early in the second trimester

Non-Invasive Prenatal Testing (NIPT) analyzes fetal DNA in your blood sample to make highly accurate conclusions

- Screening available in early first trimester
- Results available within 10 days
- Testing not covered by OHIP unless you received a 'positive' result during eFTS

Further **diagnostic testing (Amniocentesis)** available between 16-22 weeks will confirm any of the above conditions, including neural tube defects/spina bifida

Nutrition & Health

A **daily prenatal vitamin** containing 5 mg of Folic Acid is recommended during the first trimester

Most foods are safe to eat during pregnancy
Recommend limiting daily caffeine consumption during pregnancy

Eat twice as healthy, not twice as much to maintain a healthy weight during pregnancy

Gaining weight is a natural part of pregnancy
Most weight gain occurs during the second and third trimesters

Average pregnancy weight gain is distributed as follows:

- Larger breasts: 1-3 lbs
- Larger uterus: 2 lbs
- Placenta: 1 1/2 lbs
- Amniotic fluid: 2 lbs
- Increased blood volume: 3-4 lbs
- Increased fluid volume: 2-3 lbs
- Fat stores: 6-8 lbs
- baby: 7 or 8 lbs

Breastfeeding is strongly recommended and encouraged for all postpartum

What to Expect EACH TRIMESTER OF PREGNANCY

A guide to the Frequently Asked Questions of pregnancy

First Trimester Weeks 1-13

Congratulations! You're pregnant!

The **FIRST TRIMESTER** of a pregnancy is crucial to establishing a healthy pregnancy.

At **WEEK 5**, your baby's brain, spinal cord, heart and, other major organs begin to form

Your baby is the size of an **APPLE SEED**

An **ultrasound (the dating ultrasound)** will be done between 6-8 weeks to determine estimated **DUE DATE**

At **WEEK 12** marks the end of the first trimester

Your baby is the size of a **PLUM**

After your initial prenatal appointment, during the First Trimester, visit your healthcare provider once every 4 weeks

Prenatal appointments look to ensure that you and your baby are healthy and well. During your visit:

- Weight and blood pressure measured
- Urine sample taken
- Determine size of uterus
- Listen to baby's heartbeat

Second Trimester Weeks 14-28

Welcome to the **SECOND TRIMESTER!**

The gender of your baby can be determined as early as **WEEK 14**

At **WEEK 18**, your baby begins to hear
Your baby is the size of an **ARTICHOKE**

The **Anatomy Scan** is an ultrasound between 18-20 weeks that looks at the baby from head to toe

Expect to first feel your baby move (called quickening) between 18-22 weeks. Should expect a minimum of 6 kicks in 2 hours

Movement from now onwards is **GOOD**.

If you are experiencing less movement:

- Drink juice
- Have a snack
- Look to be inactive

Gestational Diabetes screening between 24-28 weeks will test your glucose (sugar) to assess risk of gestational diabetes

At **WEEK 25**, your baby will start to recognize familiar sounds, like the sound of your voice

Your baby is the size of **CAULIFLOWER**

Prenatal visits should continue every 4 weeks

Third Trimester Weeks 29-BIRTH

THIRD TRIMESTER...Almost there!

Prenatal visits should occur once every 2 weeks between 28-36 weeks

Prenatal visits should occur once a week from 36 weeks onwards

At **WEEK 35**, marks the beginning of your baby's rapid weight gain – expect to gain 1/2 lb a week for the next month
Your baby is the size of a **PINEAPPLE**

Group B Streptococci screening between 35-37 weeks where a swab of the vagina and rectum is done to check for Group B Streptococci (bacteria)

Cervix check a week before your due date will check if both you and your baby are ready for labour

At **WEEK 40**, your expected due date
Your baby is the size of a **WATERMELON**

It is perfectly normal to give birth 1 or 2 weeks before or after your due date

Labour may be induced if:

- Pregnancy continues for more than 10 days after due date
- A complication arises that may affect you or baby
- Your water has broken but contractions have not started after 24 hours

Labour will be painful. There are many ways to cope with pain, the choice is yours to make

A **Caesarean Section (C-Section)** is a surgical procedure used to deliver a baby through an incision in the lower belly area