

## When Should You Go?

### Antenatal Visit Timeline and Frequency

#### 1. First Trimester (0-12 weeks)

- **Frequency:** Schedule your first visit as soon as you suspect you're pregnant, typically around 6-8 weeks.
- **Purpose:** Confirm your pregnancy through blood tests or ultrasounds and create a personalized care plan with your healthcare provider. Discuss lifestyle changes, prenatal vitamins, and any pre-existing conditions.
- **Key Assessments:** Baseline health checks, early screening for genetic conditions, and discussions about diet and lifestyle adjustments.

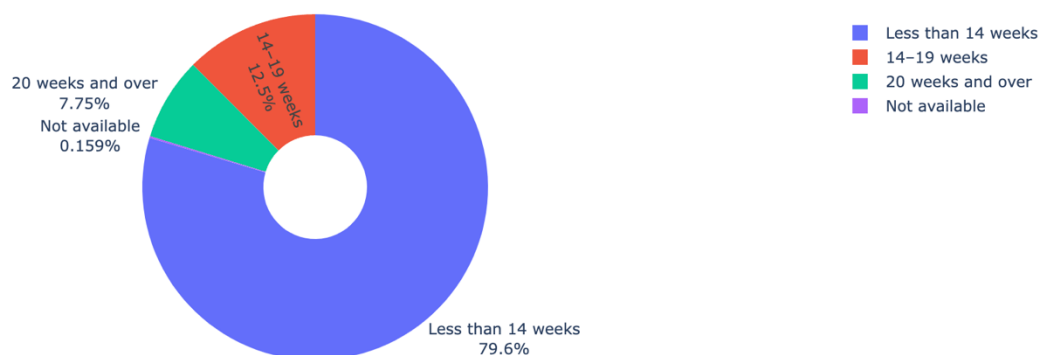
#### 2. Second Trimester (13-28 weeks)

- **Frequency:** Check in every 4 weeks.
- **Purpose:** Regular assessments to monitor the baby's growth and development, conduct routine blood tests, and screen for complications such as gestational diabetes and high blood pressure.
- **Key Assessments:** Ultrasounds to check fetal anatomy, lab tests for anemia and infections, and evaluations of maternal health indicators.



#### 3. Third Trimester (29-40 weeks)

- **Frequency:** Visits become more frequent, typically every 2 weeks until 36 weeks, then weekly until delivery.
- **Purpose:** Final assessments to prepare for labor and delivery, monitor the baby's position, and discuss birthing plans.
- **Key Assessments:** Monitoring of fetal heart rate, uterine contractions, and discussions about pain management and labor expectations.



Early visits are essential because they can lower the risk of developing health issues like diabetes and hypertension during pregnancy. Use this chart to learn from others' experiences and make informed decisions for a healthy pregnancy. 79.6% of women started antenatal care before 14 weeks of pregnancy.