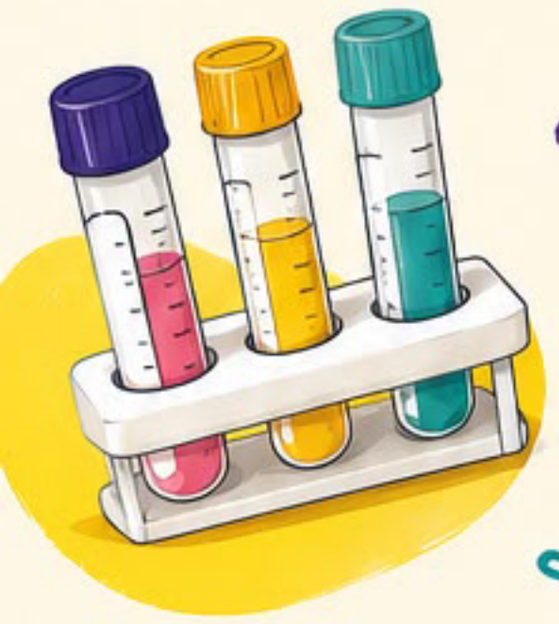
theGYN nextdoor

HANDBOOK

PREGNANCY TESTS, VACCINES & INJECTIONS

Your Pregnancy Timeline







Tests, Scans, Vaccines & Injections

What to expect—
trimester by trimester.



FIRST TRIMESTER

0–13 weeks

Early tests to check your health and set a strong start for your baby.

SECOND TRIMESTER

14–27 weeks

Important screening tests and scans to support your baby's growth and development.

THIRD TRIMESTER

28 weeks onwards

Repeat tests, vaccines and injections to keep you and your baby safe.

LABOUR & BIRTH

Delivery time

Options for pain relief and other injections you may need around delivery.



Did you know?

Most investigations, vaccines and injections during pregnancy are routine and safe.
They are designed to keep both you and your baby healthy.



Every pregnancy is unique.
Your doctor will recommend what's right for you and your baby.

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HANDBOOK

PREGNANCY TESTS, VACCINES & INJECTIONS

FIRST TRIMESTER

(0–13 WEEKS)





Your first visit sets the foundation for a healthy pregnancy.

FIRST VISIT CHECKLIST

We check these to keep you and your baby healthy!

- ✓ *Your health*
- ✓ *Baby's growth*
- ✓ *Peace of mind*
- ✓ *Early detection*
- ✓ *Personalised care*

CBC (COMPLETE BLOOD COUNT)



Checks for anaemia, infection and overall health.

BLOOD GROUP & RH TYPING



Helps manage any Rh incompatibility and plan your care.

THYROID FUNCTION (TSH)



Thyroid health is essential for your baby's brain development and a healthy pregnancy.

BLOOD SUGAR SCREENING



Screens for pre-existing diabetes (HbA1c or as advised).

INFECTION SCREENING



HIV, Hepatitis B, Hepatitis C & Syphilis tests help identify infections early.

URINE ROUTINE & CULTURE



Checks for urinary infections and protein in urine.

Quick Fact



Most of these tests are done during your first prenatal visit and usually only once unless they need to be repeated.



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HANDBOOK

PREGNANCY TESTS, VACCINES & INJECTIONS

SECOND TRIMESTER

(14–27 WEEKS)

This is a time of exciting milestones and important checks to support your baby's healthy growth and development.



YOUR JOURNEY THIS TRIMESTER

14 WEEKS → 18–22 WEEKS → 24–28 WEEKS → 27 WEEKS

1 ROUTINE CHECKS AT EVERY VISIT

- Weight check
- Blood pressure check
- Baby's heartbeat

Regular checks help us ensure you and your baby are doing well.

2 ANOMALY SCAN (18–22 WEEKS)



A detailed ultrasound to check your baby's growth, organs and development.

This is a major milestone scan!

3 OGTT / GLUCOSE TEST (24–28 WEEKS)



2 HOURS TEST

You will be asked to drink a glucose solution and your blood sugar will be checked after 2 hours.

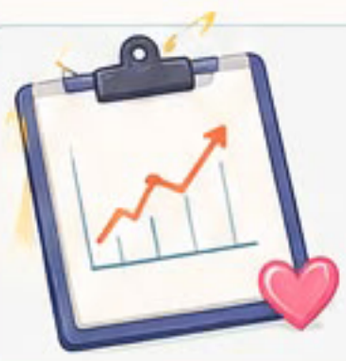
Screens for gestational diabetes, a type of diabetes that can develop during pregnancy.

4 REPEAT CBC (IF ADVISED)



Checks your haemoglobin levels and looks for anaemia.

ALSO IN THIS TRIMESTER



Baby's growth is monitored through fundal height measurements.

Urine tests may be done to check for sugar, protein and infections.

Your doctor or dietitian may guide you on nutrition, calcium, iron and supplements.

Did you know?

Most women with gestational diabetes have no symptoms.
That's why the glucose test is so important!



Every pregnancy is unique.
Your doctor will recommend tests based on your health and risk factors.

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HANDBOOK

PREGNANCY TESTS, VACCINES & INJECTIONS

THIRD TRIMESTER

(28 WEEKS ONWARDS)

As your due date gets closer,
we focus on keeping you and your baby
safe and ready for birth.



VACCINES

These vaccines help protect you and your baby.



TDAP VACCINE (27–36 WEEKS)

Protects your newborn from whooping cough in the first few months of life.



INFLUENZA VACCINE

Recommended during flu season to protect you from severe illness.

Vaccine recommendations may vary. Please follow your doctor's advice.

REPEAT BLOOD TESTS

These tests may be repeated based on your health and risk factors.



CBC

Checks your haemoglobin and looks for anaemia.



BLOOD SUGAR

May be repeated if advised by your doctor.



OTHER TESTS (IF INDICATED)

Such as thyroid, vitamin D, urine test or others based on your condition.

Your doctor will recommend only what's needed for you.

INJECTIONS YOU MAY RECEIVE



ANTI-D INJECTION (FOR RH-NEGATIVE MOTHERS)

Given around 28 weeks and again after delivery (if baby is Rh-positive).

It prevents Rh incompatibility in future pregnancies.



OTHER INJECTIONS (IF NEEDED)

- Iron injections – if severe anaemia.
- Steroid injections – if there is a risk of preterm birth (to help baby's lungs).

Only given if your doctor feels they are necessary.

Did you know?

These simple steps in the third trimester provides important protection for you and your baby in the final stretch!



Every pregnancy is unique.
Your doctor will guide you on the tests, vaccines and injections that are right for you.

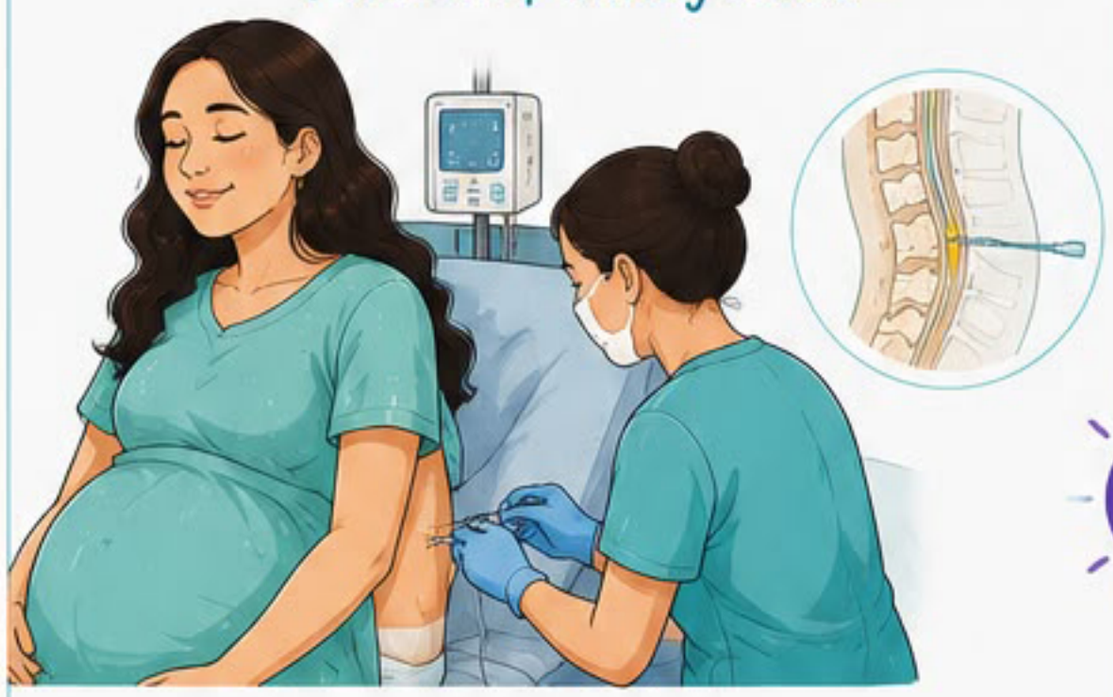
LABOUR & BIRTH

PAIN RELIEF OPTIONS

You have choices. We're here to guide you.

EPIDURAL

Pain relief during labour



- Provides effective pain relief during contractions.
- You're awake and alert.
- Usually allows you to participate in the birth.

Placed in your lower back by an anaesthetist. You can still move your legs and change positions.

VS

SPINAL ANAESTHESIA

Commonly used for C-section



- Fast-acting and long-lasting pain relief.
- You're awake to meet your baby.
- Safe and effective.

Given once in your lower back. It works quickly to numb you from the waist down.

DID YOU KNOW?

General anaesthesia is only used in specific situations when regional anaesthesia isn't suitable or in certain emergencies.



Your comfort. Your choice.
We're with you, every step of the way.



Every birth experience is unique.
Let's create a plan together that's right for you and your baby.