



Pregnancy Checklist

Here's a simple checklist to help guide you through a healthy pregnancy. You can print it out so it's easier to use.

1st trimester – weeks 1 to 12

Visit your doctor

As soon as you think you're pregnant, go and see your doctor. They can confirm you're pregnant, determine your due date and help you plan your antenatal health care program.

Book your antenatal check-ups

You'll need regular check-ups throughout your pregnancy to make sure everything's going well. Your first antenatal visit should be between 10 and 16 weeks.

Consider screening tests

From about 11 weeks, you'll be offered blood tests and ultrasound scans to check on your baby's development. Your first ultrasound will be between 8 and 12 weeks.

Book the hospital or birth centre

As soon as you know you're pregnant, discuss your birthing options with your doctor and book the hospital.

Start taking a pregnancy multivitamin every day, if you're not already

Elevit contains the highest level of folic acid and iron of any pregnancy multivitamin in Australia* and a high level of iodine. Folic acid is clinically proven7 to reduce the risk of neural tube defects like spina bifida, iron helps prevent dietary iron deficiency and iodine is an important nutrient for your baby's brain development.

It's recommended to take Elevit daily for at least 1 month before you conceive, during pregnancy and while breastfeeding. If you don't breastfeed, it's recommended to take Elevit right up until birth, and then switch to a multivitamin such as Elevit Women's Daily Multivitamin.

*As of August 2020.

Manage morning sickness

If you need help managing morning sickness symptoms such as nausea and vomiting, consider taking a supplement like Elevit Morning Sickness Relief to help provide relief from nausea and vomiting.

Quit smoking

It's recommended to quit smoking as soon as you think you're pregnant, if you haven't already.

Cut out alcohol

The safest option is to avoid drinking alcohol whilst you're pregnant and breastfeeding.

Be a healthy eater

Eat a nutritious, well-balanced and varied diet to help keep you and your baby healthy. Learn about the foods to avoid or limit and drink plenty of water.

Cut down on caffeine

Try to have less than 200 mg of caffeine a day. That's the equivalent of about 2 espressos. Don't forget caffeine's in chocolate, tea, some soft and energy drinks too.

Exercise regularly

Keep active and try to take 30 minutes of moderate exercise, like walking or swimming, every day.

Check your maternity leave entitlements

Ask your employer about your entitlements to maternity leave.

Claim Government financial benefits

The Government has a number of financial benefits you may be able to claim. Check your eligibility for Paid Parental Leave or the Family Tax Benefit with the Department of Human Services or call Centrelink on 13 61 50.

Sign up for our free week-by-week email guide

We'll send you an email every week to show you how you and your baby are progressing. Track your pregnancy with our Elevit Journey tool and sign up to our newsletter.

Stop cleaning the cat litter tray

If you have a cat, wear rubber gloves to clean out the litter tray, or ask someone else to do it. If you garden, it's also a good idea to wear gloves.

2nd trimester – weeks 13 to 26

Book your second trimester screening tests

This will usually be a blood test between 15 and 18 weeks and an ultrasound scan between 18 and 20 weeks to check your baby's development.

Join a birth group

Share your experiences and get support from other pregnant women due to give birth around the same time as you.

Make a birth plan

Discuss your preferences for labour and delivery with your GP and your partner and write out a birth plan. You can be as detailed as you want – if you'd like to listen to Mozart in the delivery room, make a note!

Book antenatal classes

These helpful classes will explain what to expect during labour, your pain relief choices, pregnancy exercises, and basic childcare such as feeding and settling. It's also an opportunity to ask questions, discuss your feelings and meet local parents-to-be.

Learn about breastfeeding

Breastfeeding your baby has great health benefits for both of you. If you're planning to breastfeed, your midwife will give you advice on technique.

Do your pelvic floor exercises

Your pelvic floor muscles can weaken under the strain of pregnancy and birth, causing bladder leakage. These simple exercises will help tighten your muscles up.

Consider childcare

If you plan to go back to work after the baby is born, check out the childcare options in your area. Some of them book up well in advance, so put your name down at your favourites before you give birth.

Go shopping for maternity wear

You've probably noticed that your clothes don't fit properly - it's time to look for maternity clothes! You'll also need a maternity bra.

3rd trimester – weeks 27 to birth

Buy or borrow the essential baby equipment

As well as the nursery furniture, you'll need a pram, baby clothes, nappies and other essential supplies. There are lots of options to buy new or perhaps borrow from friends and relatives with older children.

Buy another maternity bra

Your breasts will have grown from the first maternity bra you bought, so you'll need a fitting for another one at about 28 weeks.

Get the car baby capsule fitted

Children under 6 months must be secured in an approved, properly fitted rear-facing restraint when they're in the car. You'll need it to bring your new baby home from the hospital, so have one fitted sooner rather than later. The current child restraint guidelines are available at the Kidsafe website.

Pack your hospital bag ready

You may need to get to the hospital quickly, so have your hospital bag packed and waiting to go. Remember you need to include supplies for baby too.

Prepare the nursery

Set up the baby's room so it's ready when you get home from the hospital.