


The following is a useful calendar for the would be mother. It is to be used as a guide in conjunction with the medical advice you will receive from the health professionals you visit.

Clonmel Healthcare has also produced a leaflet "Helpful Tips" giving advice to pregnant women on how to have a healthy pregnancy. This is sponsored by Accurate®, the fast, simple and reliable pregnancy test and is free from your local pharmacy.

IMPORTANT: It is important to continue to take folic acid (Clonfolic) tablets for the first 12 weeks of your pregnancy.

Important things to do	14 weeks prior to conceiving	First trimester 0-12 weeks	Second trimester 13 to 28 weeks	Third trimester 29-40 weeks
		<p><i>What is happening to the baby?</i></p> <p>The baby begins to develop from the moment of fertilisation. After 8 weeks, a human shape will appear with eyes, nose, mouth and limbs. By 12 weeks, all internal organs have been formed.</p>	<p><i>What is happening to the baby?</i></p> <p>At 14 weeks the heartbeat can be heard using an ultrasound detector. The baby is about 16 centimetres - over 6 inches - between the weeks 15 to 22. At 22 weeks the baby is covered with downy hair and will have started to move.</p>	<p><i>What is happening to the baby?</i></p> <p>By week 28 the baby can feel pain, recognise light and sound and respond to different tastes. He can suck his thumb and can pass urine. By the end of week 30 he will be about 30 centimetres - almost 12 inches in length. In the last weeks the baby will become less active as there will be less room for him to move around.</p>
Take folic acid 	X	X		
Visit your doctor/health professional to ask for advice on conception if necessary.	X (and before this time)			
Once pregnancy is confirmed (pregnancy test/doctor visit/health professional) get details on the Maternity and Infant scheme, which provides an agreed programme of care free of charge to an expectant mother arising out of her pregnancy and to her new-born baby for six weeks after birth. If private care sought, ask doctor for recommendation.		X		
Talk to your pharmacist/doctor/health professional regarding any medication, vitamins or tonics you may be taking.	X	X	X	X
Eat a balanced diet	X	X	X	X
Do not eat liver, liver pates, unpasteurised soft cheeses or unpasteurised milk. Make sure all meat is cooked properly.		X	X	X
Cut down/out alcohol intake.	X	X	X	X
Wash hands thoroughly if you have handled cat faeces or cat litter.	X	X	X	X
Cut down/out cigarettes.	X	X	X	X
Visit the dentist.	As necessary	As necessary	As necessary	As necessary
Exercise normally, not strenuously.	X	X	X	X
Have a list of people to contact ready - telephone numbers etc, to give the news about the birth.				X
Pack your bags for the hospital.				X