

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

#### [Menu](#)

[State Government Victoria](#) [Better Health Channel Logo](#)

#### [Caret](#)



- 

### [Health.vic](#)

[Victoria's hub for health services and business](#)



- 

### [DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



- 

### [Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)

Search




Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

## Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
  - [Conditions and treatments](#)
    - [Allergies](#)
      - [Allergies](#)
        - [Allergic reaction to packaged food](#)
    - [Anxiety](#)
    - [Arthritis](#)
    - [Asthma](#)
    - [Behavioural conditions](#)
    - [Birth defects](#)
    - [Blood and blood vessels](#)
    - [Bones muscles and joints](#)
      - [Bones muscles and joints](#)
        - [Foot care - podiatrists](#)
    - [Brain and nerves](#)
    - [Cancer](#)
    - [Complementary and alternative care](#)
    - [Dementia](#)
  - [Healthy living](#)
    - [Healthy living](#)
      - [Alcohol](#)
      - [Babies and toddlers \(0-3\)](#)
      - [Children \(4-12\)](#)
      - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
  - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
  - [Services and support](#)
  - [Aged care services](#)
  - [Alcohol and drug services](#)
  - [LGBTI support](#)
  - [Carers, caring and respite care services](#)
  - [Child, family and relationship services](#)
  - [Disability services](#)
  - [Emergency, crisis and support services](#)
  - [End of life and palliative care services](#)
  - [Hospitals, surgery and procedures](#)
  - [Mental health services](#)
  - [Planning and coordinating healthcare](#)
  - [Pregnancy and birth services](#)
- [A-Z](#)
  - [A-Z](#)
  - [Conditions and treatments](#)
  - [Healthy living](#)
  - [Services and support](#)
  - [Videos](#)
  - [Service profiles](#)
- [Blog](#)
  - [Blog](#)
  - [Blog authors](#)
  - [Topics](#)
- [Podcast](#)
  - [Podcast](#)
  - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
  - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
  - [template](#)
- [Other sites](#)
  -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Healthy pregnancy](#)

- [Home](#)
- [Healthy living](#)
- [Healthy pregnancy](#)
- [Pregnancy stages and changes](#)

## Pregnancy stages and changes

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)  
[Listen](#)
- [More \(show more\)](#)
  - [Email](#)
  - [Print](#)

Tags:

- [Healthy pregnancy](#)
- [Healthy pregnancy - Stages of pregnancy](#)

- Your body changes during pregnancy. You may love some changes and feel uncomfortable with others.
- You may experience a lot of physical changes during pregnancy, or only a few.
- You will probably have emotional ups and downs during pregnancy.
- If you have depression or a mental illness during pregnancy, you need specialist care and treatment.
- Some physical and emotional experiences are common to a particular trimester (stage) of pregnancy.

If you are pregnant, your body is experiencing major change. From symptoms that you might expect, to ones that are completely out of the blue, every woman will have a different pregnancy experience.

It's helpful to have an idea of how your body may react to the different stages of pregnancy. It also helps to know how pregnancy may affect your emotions and feelings.

## Changes to your body that may indicate pregnancy

You may first realise that you're pregnant when you miss your period. That's a good time to take a pregnancy test or speak with your doctor.

In early pregnancy, you may experience some (or all, or even none) of the following symptoms:

- aches and pains (possibly in your lower abdomen and in your joints)
- [morning sickness](#), which may be nausea or actual vomiting, and does not just happen in the morning
- [constipation](#)
- food cravings and aversions
- heartburn and [indigestion](#)
- a need to urinate more often
- back pain
- tiredness
- [vaginal thrush](#)
- skin changes and itching, and possibly skin tags
- [haemorrhoids \(also known as piles\)](#)
- leg cramps
- [restless legs](#) (leg twitching at night)
- [varicose vein](#)
- swelling in your ankles, feet and hands
- dizziness or fainting
- fatigue, or lack of energy
- nasal problems, or shortness of breath
- larger, tender breasts.

Better Health Channel has more information about these [pregnancy symptoms](#).

If any of the symptoms become difficult to manage, talk to your doctor about what to do. In particular, if any morning sickness, aches and pains, dizziness or breathing difficulties make it hard to get through your normal day, ask for advice.

## More about morning sickness

The first thing to know about [morning sickness](#) is that it can hit you at any time of day.

Probably a result of your changing hormones, it usually starts about week six and settles by week 14. The good news is that you may feel better if you:

- drink small amounts of fluid, often. Try flat lemonade, sports drinks, diluted fruit juice, weak tea, clear soup or a hot drink made of stock
- suck on ice or ice-blocks (if you can't keep down other fluids)
- try ginger tablets, dry ginger ale or ginger tea
- eat small amounts of food more often, so you don't have an empty stomach
- eat a dry biscuit when you wake up in the morning, to avoid feeling sick when you get out of bed
- try salty foods such as potato crisps or salty biscuits
- suck on barley sugar or boiled lollies
- avoid fatty, rich or spicy foods
- avoid the smell of hot food
- avoid cooking dishes with strong smells
- rest as much as you can.

A small percentage of women have prolonged and excessive vomiting (called hyperemesis), which can lead to dehydration if it is not treated. See your doctor if you have severe morning sickness.

In some extreme cases, women need to be rehydrated in hospital, using intravenous fluids.

## Pregnancy stages

We talk about three stages of pregnancy: first trimester, second trimester and third trimester. Some physical and emotional experiences are more common in each of these trimesters.

### First trimester

In the first trimester:

- You feel really tired and possibly nauseous.
- You gain 1 or 2 kilograms, or maybe less if you have morning sickness. Most of this weight is in the placenta (which feeds your baby), your breasts, your uterus and extra blood.
- Your heartbeat and breathing rate are faster.
- Your breasts become tender, larger and heavier.
- Your growing uterus puts pressure on your bladder, so you feel like you need to urinate a lot.
- You may feel swinging moods.
- You know exactly how you feel about having a baby, or you have no idea how to feel!

### Second trimester

In the second trimester:

- You start to feel better, with less fatigue, morning sickness and moodiness.
- You may feel your mind is wandering and not focused at work or at home.
- You gain about 6 kilograms.
- You may feel anxious about tests (including an ultrasound) done at this stage. But, if they find any health issues, these tests will ensure you and your baby receive the right care.
- Your hair may become thicker and your fingernails may become stronger. Or, your nails may be softer and break more easily.
- You may crave some foods, such as sweet, spicy or fatty foods.
- You may not like the taste or smell of some foods.

### Third trimester

In the third trimester:

- Forgetfulness may continue.
- You feel tired and probably uncomfortable.
- You may be annoyed by the discomfort.
- You may start to worry about labour as it nears.
- You probably gain about five kilograms. Much of this weight is your baby, but also amniotic fluid, the placenta, your breasts, your blood and your uterus.
- You may have back pain.
- You may find it hard to sleep because you are uncomfortable.
- The baby may be placing pressure on your lungs, making it harder to breathe.
- You may feel Braxton Hicks contractions (tightening of the muscles of the uterus). They do not mean labour is starting.

## Your feelings and emotions during pregnancy

During pregnancy you will probably feel many ups and downs. You may experience some or all of these emotions (and they may change quickly):

- surprise – if your pregnancy is unexpected. You may then feel joy (if you welcome the pregnancy) or fear (if you are unsure about the change to your life) or both
- happiness, particularly if you have been trying to have baby and you feel well
- anger, which can result from your body's hormonal changes, from a sense of being vulnerable, or from pregnancy symptoms that are uncomfortable or painful
- fear for the baby's health, if you have concerns about your baby having an illness or disability. If you are worried about a particular risk, talk to your midwife or doctor
- fear of birth, which is a recognised psychological disorder. Counselling and talking with your midwife or doctor can help you overcome this fear
- love for your baby, your partner and your family
- sadness or disappointment if you have illness or complications during your pregnancy, or you can't have the birth plan that you would prefer
- general sadness about the world, whereby you find it hard to watch the news or hear sad stories about children or families
- grief, if you suffer a miscarriage, a loss at a later stage of pregnancy, or a stillbirth
- prolonged sadness from perinatal depression. In this case, you will need the help of health specialists.

### Mood swings during pregnancy

The hormones changing in your body mean you will probably have heightened emotions, both positive and negative. And you will probably swing between these emotions.

While you may be overjoyed about having a baby, you may also be stressed and overwhelmed. You may feel worried about whether:

- your baby will affect your relationship with your partner
- you will cope financially
- you will be able to juggle work and parenting
- you will be a good mother
- the baby will be healthy
- your other children will accept and love the new baby.

You may also feel unimpressed with your changing body. You may be worried about putting on too much weight, or not enough. Or not being able to do the physical activity that you usually do. Or not looking attractive to your partner.

Add the hormone-induced fatigue, forgetfulness and moodiness, and you may feel completely out of control. This is all common.

## Depression during pregnancy

About 15 per cent of women will have depression or anxiety during pregnancy. And even more will suffer from these conditions after giving birth.

Many women don't seek help because they feel embarrassed or guilty about feeling so awful when they are supposed to be happy. But depression is not something that you can control in this way.

Because an untreated mental illness can have long term effects on your health and wellbeing, and on your baby too, getting the right treatment is vital. Talk to your doctor if you are:

- depressed or miserable for most of the day and on most days
- annoyed, angry or anxious a lot of the time
- crying a lot (and not always for a reason)
- losing interest in activities that you usually like
- struggling to sleep (even when your baby is sleeping), or sleeping more than usual
- under- or over-eating
- feeling tired most of the time
- not able to concentrate
- preoccupied or anxious about things going wrong with your pregnancy, you, your baby or your partner
- feeling that you have not bonded with your baby, or that you have no maternal feelings
- feeling guilty, or feeling that you are failing as a mother
- thinking about harming yourself
- thinking it would be better if you or your baby were dead
- thinking about suicide.

Remember, tell someone if you feel depressed, because early treatment is the best treatment.

Plenty of safe and effective treatments are available for depression during pregnancy and while breastfeeding. But herbal and complementary treatments such as St John's wort may not be safe in pregnancy.

## Anxiety during pregnancy

You may be feeling quite anxious about your pregnancy and about being a parent. Many pregnant women feel some anxiety, but a few develop an anxiety disorder that needs treatment.

Symptoms of an anxiety disorder include:

- constant worry, stress or nervousness
- muscle tension and teeth clenching
- not ever feeling calm
- not being able to sleep well or for long
- panic attacks.

## Other serious issues during pregnancy

Some pregnant women develop mental illnesses that are a significant risk to both them and their child. Other women may already have a mental illness that is more difficult to manage during pregnancy.

In particular, specialist health care is needed for pregnant women with:

- bipolar disorder (of which pregnancy may trigger the first episode), with manic highs and depression lows
- schizophrenia
- eating disorders, including anorexia nervosa and bulimia nervosa. The risks include a loss of nutrition for your baby, an increased risk of miscarriage, and anaemia.

## Where to get help

- Your [GP \(doctor\)](#)
- [Midwife](#)
- [Obstetrician](#)
- [PANDA \(Perinatal Anxiety and Depression Australia\)](#) Tel. 1300 726 306
- [Lifeline](#) Tel. 13 11 14 for crisis support and suicide prevention
- [beyondblue](#) Tel. 1300 22 4636

### References

- [Common concerns in early pregnancy](#), Royal Women's Hospital, Victoria, Australia.
- [Mental health and pregnancy](#), Royal Women's Hospital, Victoria, Australia.
- [Pregnancy: the first 3 months – the first trimester](#), Women's and Children's Health Network, Government of South Australia.
- [Pregnancy: the second 3 months – the second trimester](#), Women's and Children's Health Network, Government of South Australia.
- [Pregnancy: the last 3 months – the third trimester](#), Women's and Children's Health Network, Government of South Australia.
- [Emotions during pregnancy](#), National Childbirth Trust, UK.

- [First trimester of pregnancy](#), 2016, WebMD, USA.

### [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

#### 1/4 How would you rate this website?

- Excellent
- Good
- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.  
If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

#### 2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

#### 3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

### [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

#### 4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

Thank you. Your feedback has been successfully sent.

## More information

### Healthy pregnancy

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Pregnancy and birth basics](#)
- [Stages of pregnancy](#)
- [Fertility issues and options](#)
- [Keeping healthy during pregnancy](#)
- [Health concerns during pregnancy](#)
- [Preparing for birth](#)
- [Preparing for a newborn](#)

### Pregnancy and birth basics

- [Childbirth - pain relief options](#)  
[Understanding your pain relief options can help you cope better with the pain of childbirth...](#)
- [Pregnancy – labour](#)  
[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)
- [Pregnancy - premature labour](#)  
[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)
- [Contraception after giving birth](#)  
[After having a baby, you need to choose an effective method of contraception if you don't want to have another baby straight away...](#)
- [If you want to get pregnant, timing is everything](#)  
[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)
- [Pregnancy testing](#)  
[Sometimes, a home pregnancy test may be positive when a woman isn't pregnant...](#)
- [Folate for pregnant women](#)  
[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)
- [Pregnancy - unplanned](#)  
[When a woman does not want to become a parent, her pregnancy options may include abortion or adoption...](#)
- [Contraception - emergency contraception](#)  
[It is best to take emergency contraception as soon as possible, ideally within 24 hours of having unprotected sex, but it still works well within 96 hours \(four days\)...](#)

### Stages of pregnancy

- [Baby due date](#)  
[Pregnancy is calculated from the first day of your last period, not from the date of conception...](#)
- [Pregnancy - week by week](#)  
[Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period...](#)
- [Pregnancy - signs and symptoms](#)  
[All women experience pregnancy differently, and you will experience different symptoms at different stages of your pregnancy...](#)
- [Planning for labour and birth](#)  
[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)
- [Conceiving a baby](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation \(the release of the egg from the ovary\) are approximately one in five every month. Around nine...](#)

- [Pregnancy stages and changes](#)

[It's helpful to have an idea of how your body may react to the different stages of pregnancy. It also helps to know how pregnancy may affect your emotions and feelings...](#)

## **Fertility issues and options**

- [Adoption](#)

[Adoption can give a secure family life to children who can't live with their birth family...](#)

- [Surrogacy](#)

[Surrogacy is a form of assisted reproductive treatment \(ART\) in which a woman carries a child within her uterus on behalf of another person or couple...](#)

- [If you want to get pregnant, timing is everything](#)

[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)

- [Abortion](#)

[All women should have access to accurate information about abortion so they can make their own informed decisions...](#)

- [Age and fertility](#)

[Age affects the fertility of both men and women, and is the single biggest factor affecting a woman's chance to conceive and have a healthy baby...](#)

- [Infertility in men](#)

[A couple isn't suspected of fertility problems until they have tried and failed to conceive for one year...](#)

- [Infertility in women](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation are approximately one in five every month...](#)

- [Weight, fertility and pregnancy health](#)

[Compared with women in the healthy weight range, women who are carrying extra weight are less likely to conceive...](#)

## **Keeping healthy during pregnancy**

- [Pregnancy - morning sickness](#)

[Morning sickness is typically at its worst early in the day but it can strike at any point during the day or night...](#)

- [Postnatal exercise - sample workout](#)

[Make sure your abdominal muscles have healed before you do any vigorous tummy exercises, such as crunches...](#)

- [Healthy eating during pregnancy - tucker talk tips](#)

[Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby...](#)

- [Postnatal exercise](#)

[Always consult with your doctor or midwife before starting any postnatal exercise program...](#)

- [Pregnancy and your mental health](#)

[Finding out you are pregnant can be a very exciting time. But it can also make you feel uncomfortable, unwell, worried and make you wonder how you are going to cope. And it doesn't stop when the baby...](#)

- [Pregnancy and teeth](#)

[It's important to look after your teeth and gums when you're pregnant, as gum disease can affect your baby...](#)

- [Tests, scans and checks - pregnancy and labour](#)

[Tests can confirm your pregnancy and also monitor your baby's development in the womb...](#)

- [Alcohol and pregnancy](#)

[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)

- [Pregnancy and smoking](#)

[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)



- [Immunisation and pregnancy](#)  
[Immunisation can protect a woman and her unborn baby against many infectious diseases...](#)
- [Folate for pregnant women](#)  
[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)
- [Pregnancy and exercise](#)  
[Unless you have complications, you should be able to exercise throughout your pregnancy...](#)
- [Pelvic floor](#)  
[Pelvic floor exercises are designed to improve muscle tone and prevent the need for corrective surgery...](#)
- [Pregnancy and diet](#)  
[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)
- [Pregnancy and travel](#)  
[Travelling to developing nations is not encouraged during pregnancy, due to the risk of disease and the standard of medical facilities...](#)

### Health concerns during pregnancy

- [Miscarriage and Stillbirth - Coming to terms \(video\)](#)
- [Pregnancy - bleeding problems](#)  
[Bleeding from the vagina in early pregnancy happens in almost one in four pregnancies...](#)
- [Newborn bloodspot screening \(video\)](#)  
[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk for rare, but serious, medical conditions including PKU, hypothyroidism and cystic fibrosis...](#)
- [Placenta previa](#)  
[Placenta previa means the placenta has implanted at the bottom of the uterus, over the cervix or close by...](#)
- [Placental abruption](#)  
[Placental abruption means the placenta has detached from the wall of the uterus, starving the baby of oxygen and nutrients...](#)
- [Pregnancy - pre-eclampsia](#)  
[There is no evidence that pre-eclampsia is caused by emotional stress, working too hard or not getting enough rest...](#)
- [Lupus and pregnancy](#)  
[Lupus can be controlled with medications, so the majority of affected women are able to have children...](#)
- [HIV and women – having children](#)  
[Women living with human immunodeficiency virus \(HIV\), or women whose partner is HIV-positive, may wish to have children but feel concerned about the risk of transmission of the virus to themselves \(if...](#)
- [Alcohol and pregnancy](#)  
[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)
- [Pregnancy and smoking](#)  
[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)
- [Pregnancy - obstetric emergencies](#)  
[An obstetric emergency may arise when a woman is pregnant, or during her delivery. In this case, extra care is needed. A woman may need a lot of tests and treatments, and extended hospital stays. She...](#)
- [Postnatal depression \(PND\)](#)  
[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)
- [Molar pregnancy](#)  
[Most molar pregnancies are diagnosed when bleeding early in pregnancy prompts an ultrasound scan...](#)
- [Miscarriage](#)  
[A range of feelings is normal after a miscarriage, and they often linger for some time...](#)

- [Fetal alcohol spectrum disorder \(FASD\)](#)

[The World Health Organization recommends that pregnant women should avoid alcohol...](#)

- [Asthma - pregnancy and breastfeeding](#)

[Pregnant women with asthma need to continue to take their asthma medication as it is important to the health of both mother and baby that the mother's asthma is well managed...](#)

- [Pregnancy and diet](#)

[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)

- [Birth defects explained](#)

[The cause of birth defects is often unknown, speak to your GP if you are at increased risk of having a baby with a congenital anomaly...](#)

- [Ectopic pregnancy](#)

[Ectopic pregnancy is caused by a fertilised egg not being able to move through the fallopian tube...](#)

- [Diabetes - gestational](#)

[Gestational diabetes is diabetes that occurs during pregnancy and usually disappears when the pregnancy is over...](#)

### **Preparing for birth**

- [Pregnancy - care choices](#)

[It's very important for you and your baby to be looked after from the start of your pregnancy until after the birth of your baby...](#)

- [Pregnancy – labour](#)

[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)

- [Pregnancy - premature labour](#)

[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)

- [Pregnancy - packing for hospital](#)

[Packing for hospital is an exciting part of preparing for the birth of your baby...](#)

- [Planning for labour and birth](#)

[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)

- [Twins - identical and fraternal](#)

[Multiple births are more common due to the advancing average age of mothers and the rise in assisted reproductive techniques...](#)

### **Preparing for a newborn**

- [Breastfeeding - the first days](#)

[Let your baby feed as much as they want in the first few days to help establish good breastfeeding patterns...](#)

- [Breastfeeding - when to start](#)

[Breastfeeding within the first hour after birth allows your baby to behave instinctively and breastfeed with little intervention...](#)

- [Alcohol and pregnancy](#)

[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)

- [Vitamin K and newborn babies](#)

[With low levels of vitamin K, some babies can have severe bleeding into the brain, causing significant brain damage...](#)

- [Postnatal depression \(PND\)](#)

[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)

- [Baby furniture - safety tips](#)

[Even if your baby furniture meets every safety standard and recommendation, your child still needs close supervision...](#)

- [Newborn bloodspot screening](#)

[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk of rare, but serious, medical conditions...](#)

## Related Information

- [Baby due date](#)

Pregnancy is calculated from the first day of your last period, not from the date of conception...

- [Pregnancy - obstetric emergencies](#)

An obstetric emergency may arise when a woman is pregnant, or during her delivery. In this case, extra care is needed. A woman may need a lot of tests and treatments, and extended hospital stays. She...

- [Ectopic pregnancy](#)

Ectopic pregnancy is caused by a fertilised egg not being able to move through the fallopian tube...

- [Planning for labour and birth](#)

Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...

- [Pregnancy - week by week](#)

Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period...

[Home](#)

## Related information on other websites

- [Advice on nausea and vomiting in pregnancy](#)
- [beyondblue – Pregnancy and new parents](#)
- [Common discomforts of pregnancy](#)
- [Dadvice](#)
- [Information on emotional changes each trimester](#)
- [Pelvic floor exercises for pregnancy](#)
- [Raising Children Network's Dads guide to pregnancy](#)
- [Raising Children Network's pregnancy guide](#)
- [Pregnancy and birth information – the women's](#)
- [Women and Children's Health Network's guide to pregnancy week by week](#)

## Content Partner

This page has been produced in consultation with and approved by: Royal Women's Hospital



Last updated: May 2018

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



## NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

## [NURSE-ON-CALL](#)

Service Search

### Service Search

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

## Recent Activity

25 people have watched a video today

Polls polled today are 1.

- [Health topics](#)

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- 

- [Explore](#)

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- [About](#)

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- [Connect with us](#)

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 03 Nov 2016

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/pregnancy-stages-and-changes>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>

[Privacy Statement](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Copyright Notice](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

**This page has been produced in consultation with and approved by:**

Royal Women's Hospital

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2019** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.