INVITATION TO HEALTH mounties care

Antenatal Shared-Care Program

First Trimester: 6–12 Weeks

Timing	GP/Clinical Care	Education	Allied Health
First Visit 6-10 Weeks	Pregnancy confirmation, medical/obstetric history, risk assessment, medications, pathology, dating scan referral and shared-care discussion	Pregnancy overview; what to expect; nutrition, supplements, exercise, vaccinations and warning signs	**Dietitian introduced** — offer initial pregnancy nutrition consultation
Follow Up 10-12 Weeks	Review results, BP/weight, symptoms and screening; discuss NIPT/first-trimester screening as appropriate	**"Healthy Pregnancy" education** — nutrition, supplements, exercise and lifestyle	**Exercise physiologist introduced** — safe exercise and strength during pregnancy
12-13 Weeks	Routine antenatal review and screening results	Preparing for second trimester; common symptoms and when to seek help	**Massage/podiatry** introduced as optional services if symptoms develop

Second Trimester: 14–27 Weeks

Timing	GP/Clinical Care	Education	Allied Health
16 Weeks	Routine antenatal review, BP, symptoms and fetal wellbeing	Changes during trimester 2; maintaining healthy weight and activity	Dietitian follow-up if required
20 Weeks	Review morphology scan; routine antenatal care	Understanding scan results; preparing for baby's arrival	**Exercise physiology follow-up**
24-28 Weeks	Routine review; gestational diabetes screening and other relevant tests	**Gestational diabetes education** — nutrition, activity and risk factors	Dietitian consultation for patients with GDM or nutritional concerns
28 Weeks	Review pathology and screening; vaccinations as appropriate	**Birth preparation introduction**	**Introduce midwife support / Q&A session**

Antenatal Shared-Care Program

Third Trimester: 28–40 Weeks

Timing	GP/Clinical Care	Education	Allied Health
30-32 Weeks	Routine antenatal assessment and ongoing shared care	Birth preferences, hospital preparation and signs of labour	**Exercise physiologist —** adapting exercise for late pregnancy
34 Weeks	Routine review	**Breastfeeding and newborn preparation**	Midwife Q&A
36 Weeks	Routine assessment and preparation for delivery	What to expect in the final weeks; labour, membranes, reduced movements and when to contact hospital	Optional massage/pelvic-health referral where appropriate
38 Weeks	Routine antenatal care	Labour preparation and practical newborn planning	-
40 Weeks	Assessment and discussion of management if pregnancy continues beyond due date	Post-dates pregnancy and what happens next	-