

36 weeks

Your care provider will:

- check your blood pressure and urine
- measure the size of your abdomen to check your baby is growing well
- check your baby's position and discuss the relevance of this
- review, record and discuss the results of any tests you may have had
- provide you with information about feeding your baby, Vitamin K for your baby and preparing for parenthood, and discuss your feelings around these topics.

38 weeks

Your care provider will:

- check your blood pressure and urine
- measure the size of your abdomen to check your baby is growing well
- check your baby's position and discuss the importance of this.

40 weeks (first pregnancy only)

Your care provider will:

- check your blood pressure and urine
- measure the size of your abdomen to check your baby is growing well
- check your baby's position and discuss the importance of this
- discuss your choices and options if your pregnancy lasts longer than 41 weeks.

41 weeks

Your care provider will:

- check your blood pressure and urine
- measure the size of your abdomen to check your baby is growing well
- check your baby's position and discuss the importance of this
- offer you a membrane sweep (a vaginal examination which may help encourage labour to start naturally)
- discuss induction of labour.

At every appointment your midwife will ask you about **how you are feeling**, and give you the **opportunity to ask any questions** or raise any concerns you might have.