

## First trimester screening information

Prenatal screening and diagnostic testing | *RANZCOG*

[Prenatal-Screening-and-Diagnostic-Testing-for-Fetal-Chromosomal-and-Genetic-Conditions.pdf](#)

Maternal serum screening | *VCGS*

[Maternal-serum-screening.pdf](#)

Percept non-invasive prenatal test (NIPT) | *VCGS*

<https://www.vcgs.org.au/media/percept-brochure.pdf>

Harmony non-invasive prenatal test (NIPT) | *Clinical Labs*

<https://antenatal.clinicallabs.com.au/patient/harmony>

## Prenatal screening choices to help you decide

Prenatal screening and diagnosis for fetal chromosome conditions | *Murdoch Children's Research Institute*

<https://www.mcri.edu.au/research/projects/prenatal-screening-diagnosis-fetal-chromosome-conditions>

## Care of yourself in early pregnancy

Taking care of yourself in early pregnancy | *The Royal Women's Hospital*

[Care-in-early-pregnancy-2018.pdf](#)

## Pain and bleeding in early pregnancy

Pain and bleeding in early pregnancy | *The Royal Women's Hospital*

[Pain-bleeding-early-pregnancy.pdf](#)

## Common complaints in pregnancy

Coping with common discomforts of pregnancy | *The Royal Women's Hospital*

[Common-discomforts-pregnancy-2018.pdf](#)

Coping with nausea and vomiting in pregnancy | *The Royal Women's Hospital*

[Nausea-vomiting-in-pregnancy-2021.pdf](#)

## Food safety in pregnancy

Food safety during pregnancy | *The Royal Women's Hospital*

[Food-safety-during-pregnancy.pdf](#)

Foods to eat or avoid when pregnant | *NSW Food Authority*

<https://www.foodauthority.nsw.gov.au/consumer/life-events-and-food/pregnancy/foods-to-eat-or-avoid-when-pregnant>

## Health eating when you're pregnant/weight gain during pregnancy

Food & nutrition in pregnancy | *The Royal Women's Hospital*

<https://www.thewomens.org.au/health-information/pregnancy-and-birth/a-healthy-pregnancy/food-nutrition-in-pregnancy>

Health eating when you're pregnant for vegetarians and vegans | *The Royal Women's Hospital*

[https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Healthy-eating-pregnant-VV\\_2021.pdf](https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Healthy-eating-pregnant-VV_2021.pdf)

Weight gain in pregnancy | *The Royal Women's Hospital*

[Weight-gain-during-pregnancy\\_2021.pdf](#)

## Medication in pregnancy

Medicines in pregnancy | *The Royal Women's Hospital*

[Medicines-in-pregnancy-171018.pdf](#)

Herbal medicines in pregnancy and breastfeeding | *The Royal Women's Hospital*

[Herbal-medicines-in-pregnancy-breastfeeding-171018.pdf](#)

## Mental health

Anxiety & depression in pregnancy and early parenthood | *PANDA*

[PANDA-anxiety-depression-in-pregnancy-and-early-parenthood.pdf](#)

Perinatal anxiety & depression in men | *PANDA*

[PANDA-perinatal-anxiety-depression-in-men.pdf](#)

Wellbeing and self-care | *PANDA*

[PANDA-wellbeing-and-self-care.pdf](#)

Centre of Perinatal Excellence | *COPE*

<https://www.cope.org.au/>

## Pelvic floor exercises

Pelvic floor exercises | *The Royal Women's Hospital*

[Pelvic-floor-exercises-210319.pdf](#)

## Information for fathers

Dads guide to pregnancy | *Raising Children Network*

<https://raisingchildren.net.au/pregnancy/pregnancy-for-partners>