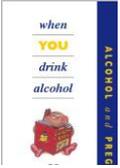
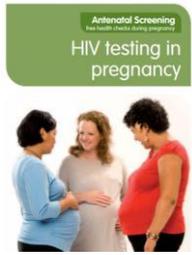


# Pregnancy - what do you need to know?

The following table will highlight some of the key topics that are important to understand.

Resources	Topics
	<p><b>1. If you smoke, quit NOW &amp; make sure your home is smokefree</b></p> <ul style="list-style-type: none"> <li>• <a href="#">I'm quitting smoking for baby and me</a> Quit Line NZ</li> <li>• <a href="#">Local support services</a> (select the region you want) HealthPoint</li> </ul>
	<p><b>2. Folic acid and Iodine</b> Ideally take folic acid once a day for 3 months prior to pregnancy and the first 3 months of pregnancy.</p> <ul style="list-style-type: none"> <li>• Iodine is one tablet per day throughout pregnancy.</li> <li>• Ask your GP or midwife for a prescription for each. Read more: <a href="#">Webpage</a></li> </ul>
	<p><b>3. Do not drink alcohol once pregnant or planning to become pregnant</b> The safe level of alcohol intake is said to be zero when pregnant.</p> <ul style="list-style-type: none"> <li>• <a href="#">Webpage</a> and <a href="#">brochure pdf</a> HealthEd NZ</li> </ul>
	<p><b>4. Choose a Lead Maternity Carer (a midwife, GP or specialist)</b> <a href="#">Your pregnancy booklet</a> from HealthEd NZ</p>
	<p><b>5. Avoiding Listeria</b> Learn about foods that are safe and those that are not. <a href="#">Health Ed website</a></p>
	<p><b>6. Healthy eating and physical activity in pregnancy</b> Eating well and doing moderate physical activity during pregnancy are important for you and your baby. <a href="#">Webpage</a> and <a href="#">booklet pdf</a> HealthEd NZ</p>
	<p><b>7. Rubella and women</b> If you are planning pregnancy, ask your GP for a blood test to see whether you need to be immunised for rubella. If pregnant, find out if you are immune. If not, find out how to reduce risk. Read more: <a href="#">Rubella information</a>,</p>

Resources	Topics
	<p><b>8. Screening tests</b></p> <p>When you are first pregnant, you will be offered some standard blood tests and a urine test (this looks for any sign of a urine infection or bacteria in the urine). This blood test is free, and it checks for:</p> <ul style="list-style-type: none"> <li>• your blood group, rhesus factor and for any antibodies</li> <li>• your haemoglobin (the amount of iron in your blood)</li> <li>• if you are immune to rubella</li> <li>• if you are a hepatitis B carrier, have syphilis or HIV</li> <li>• if you have diabetes or are at risk of developing diabetes.</li> </ul>
	<p><b>9. Antenatal screening and testing for Down's Syndrome &amp; other conditions</b></p> <p>You will also be offered screening tests to check for Down's syndrome and other genetic conditions. The type of test that can be done depends on how many weeks pregnant you are.</p> <ul style="list-style-type: none"> <li>• <b>First trimester combined screening (before 14 weeks)</b> Blood test and a nuchal thickness ultrasound scan (looks at the thickness of the back of the neck of the developing baby. (Part charge for ultrasound).</li> <li>• <b>Second trimester maternal serum screening (14-20 weeks)</b> Blood test plus age and weight, to give a risk result.</li> <li>• Read more about <a href="#">antenatal screening</a>, National Screening Unit</li> </ul>
	<p><b>HIV testing in pregnancy</b></p> <p>We now offer all pregnant women the option of being tested for HIV infection as early detection can reduce the risk of passing this on to the baby.</p> <ul style="list-style-type: none"> <li>• <a href="#">Health Ed website</a> and pamphlet in 8 languages.</li> <li>• <a href="#">English</a>, <a href="#">Chinese Simplified</a>, <a href="#">Sāmoan</a>, <a href="#">Tongan</a> etc.</li> </ul>
	<p><b>For further information about pregnancy and what to expect, visit</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.healthnavigator.org.nz/healthy-living/pregnancy/pregnant-what-do-i-need-to-know/">www.healthnavigator.org.nz/healthy-living/pregnancy/pregnant-what-do-i-need-to-know/</a></li> <li>• Includes pregnancy videos, apps, books and much more.</li> </ul>