

Pregnancy information and reliable website links.

There is lots of information online, but the following are some reliable websites that can be useful.

Preparing for pregnancy and early pregnancy; both The Womens and Mercy hospitals' for Women have good information on their websites about these issues.

<https://www.thewomens.org.au/health-information/pregnancy-and-birth/preparing-for-pregnancy/a-healthy-start>

https://health-services.mercyhealth.com.au/patients-and-visitors/supporting-your-visit/parent_education/

General pregnancy information;

<https://ranzcog.edu.au/womens-health/patient-information-guides/patient-information-pamphlets>

This is a library of multiple, good fact sheets about many issues during pregnancy and labour.

There are some issues that arise in pregnancy that have particular resources that are recommended reading.

Optional genetic testing

Genetic carrier screening (before conception and in early pregnancy);

<https://carrier-screen-guide.vcgs.org.au/>

The above link is a decision aid that helps understand if this optional test may be for your family.

https://www.vcgs.org.au/sites/default/files/downloads/MGF-142v4_prepar_AUS_web.pdf

This is a shorter version explaining the optional testing.

Chromosomal abnormality screening (in early pregnancy)

<https://www.vcgs.org.au/tests/perceptnpt>

https://www.vcgs.org.au/sites/default/files/downloads/CTW_138_percept_v8x.pdf

Specific conditions and keeping healthy during pregnancy;

Listeria – uncommon but preventable

<https://www.foodstandards.gov.au/publications/Pages/listeriabrochuretext.aspx>

CMV infection – again uncommon but preventable

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/cmV-and-pregnancy.aspx>