

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://mercyperinatal.com/for-patients-and-families/information-pamphlets-for-women-birthing-at-mercy-hospital-for-women>

General pregnancy information;

http://rancog.edu.au/resource-hub/?resource_audience=for-public

This is a library of good fact sheets about many issues during pregnancy and labour. Topics include planning for pregnancy, travelling in pregnancy, exercise in pregnancy and lots of other pregnancy related and women's health related information.

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

Optional genetic testing

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

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

Chromosomal abnormality screening (in pregnancy only)

This can also be called NIPT, and there are several different companies that offer this test (one brand name is Percept, another is Harmony). A good explanation of this test and why you may choose it can be found at;

<https://www.vcgs.org.au/percept-nipt/>

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.cmv.org.au/educational-resources/>