

# Early Pregnancy Guide



Tips and resources for your journey, from Novant Health.

At Novant Health, we're here to get to know you and provide you with the expert care you deserve. As you prepare for the prenatal process, you may have questions about what to expect — and what happens during the earliest stages of pregnancy. It can be a time of uncertainty, excitement and so many other emotions. We have compassionate ob-gyns, nurse-midwives and other providers able to answer your questions and craft a care plan that is customized for you.

Here are some other things you may want to know.

## ● **When should I expect my first prenatal visit?**

Most providers schedule your first prenatal visit between eight and 12 weeks. This is because your baby's heartbeat cannot be heard until that time of your pregnancy. Even then, your doctor may need to do an ultrasound to see the heartbeat. Waiting until the eight- to 12-week window allows both you and your doctor or midwife to discover more about your pregnancy at your first appointment.

## ● **What happens at my first prenatal visit?**

At your first prenatal visit, you will have a physical exam and be asked about your health and family medical history. You will have lab work done and receive more information about your pregnancy. You will learn how your office visits will be scheduled and what to expect as you go through your pregnancy.

## Your first trimester

Finding out you are pregnant is an exciting and sometimes scary moment. We are here to help you during this journey. Before your first pregnancy visit, we know you may have a lot of questions. You can browse several helpful videos and articles in the Novant Health video library.

[Click here](#) or scan the QR code to watch videos about:



- Pregnancy tests
- Prenatal care and screenings
- What to expect your first trimester and more

If you have specific questions about your pregnancy that are not addressed in the information above, contact your doctor or midwife for assistance.

An exciting part of pregnancy is understanding how big your baby is. Check out this picture to see what size your baby is at each month of your pregnancy.



Baby **1st** Month  
size of a red currant



Baby **2nd** Month  
size of a cherry



Baby **3rd** Month  
size of a plum



Baby **4th** Month  
size of a pear



Baby **5th** Month  
size of a grapefruit



Baby **6th** Month  
size of a papaya



Baby **7th** Month  
size of a pineapple



Baby **8th** Month  
size of a cantaloupe



Baby **9th** Month  
size of a watermelon

Thank you again for choosing Novant Health for your maternity care!  
**We are here for you and your baby during pregnancy and beyond.**

For more maternity resources, visit [NovantHealth.org/Maternity](https://www.novanthealth.org/Maternity)