

The Three Trimesters

Nursing

What changes in each third of pregnancy, and what antenatal care is looking for.

Approximate. Pregnancy is dated from the last menstrual period, about 40 weeks.

Trimester	Weeks	Focus of care
First	0–13	Booking, screening, folic acid
Second	14–27	Growth, anomaly scan, glucose
Third	28–birth	Growth, position, birth planning
Postnatal	After birth	Recovery, feeding, mood, bonding

Educational reference. Screening offers, schedules and thresholds differ by country and are revised regularly. Local maternity guidance