



# Prenatal check-ups

When? (week of pregnancy)	Recommended prenatal tests*	Possible additional tests **
	<p><b><u>Every 4 weeks until week 32, then every 2 weeks:</u></b></p> <p>Regular check-ups, including:</p> <ul style="list-style-type: none"> <li>• Blood pressure measurement</li> <li>• Weight measurement</li> <li>• Urine test for sugar, protein and possibly bacteria (if you have a urinary tract infection)</li> <li>• Blood test to measure hemoglobin levels</li> <li>• Check of the position of the womb</li> <li>• Check of the child's heart sounds</li> <li>• Check on the child's position</li> </ul>	<p><b>If needed:</b></p> <p>tests for infections such as toxoplasmosis, cytomegalovirus, streptococcus bacteria</p>
	In addition:	
	<p><b><u>After 5 weeks</u></b></p> <p><b>First check-up:</b></p> <ul style="list-style-type: none"> <li>• Conversation about any diseases you have, previous pregnancies, your family and job, etc.</li> <li>• Gynecological examination</li> <li>• Urine test for chlamydia</li> <li>• Advice on diet and dental health</li> </ul> <p><b>As early as possible:</b></p> <ul style="list-style-type: none"> <li>• Test for syphilis</li> <li>• Test for HIV (optional)</li> <li>• Determination of your blood group and Rh factor</li> <li>• First antibody screening</li> <li>• Test for rubella antibodies, if needed</li> </ul>	
	<p><b><u>After 9 weeks:</u></b></p> <p>Second check-up</p> <p><b><u>9 to 12 weeks:</u></b></p> <p>First basic ultrasound</p> <p><b><u>After 12 weeks:</u></b></p> <p>For women who are Rh negative: determination of the child's Rh factor</p>	<p><b>Prenatal diagnostics:</b></p> <p><b><u>After 10 weeks:</u></b></p> <p>Non-invasive prenatal test (NIPT)</p> <p><b><u>After 12 weeks:</u></b></p> <p>Taking a tissue sample from the placenta (chorionic villus sampling)</p>

\* All of the following check-ups, consultations and vaccinations are voluntary. The costs are covered by statutory health insurers in Germany. Please note that the types of tests offered and coverage may differ in other countries.

\*\* These tests are not part of regular prenatal testing. These tests are only covered by statutory health insurers in certain cases – for example if other tests have had abnormal results, if your doctor thinks that you might have an infection or if complications occur.



# Prenatal check-ups

When? (week of pregnancy)	Recommended prenatal tests*	Possible additional tests **
13 14 15 16	<b>After 13 weeks</b> • Third check-up • Flu vaccination	<b>Prenatal diagnostics:</b> <b>After 16 weeks</b> Amniotic fluid test (Amniocentesis)
17 18 19 20	<b>After 17 weeks</b> Fourth check-up	
21 22 23 24	<b>After 21 weeks</b> Fifth check-up <b>19 – 22 weeks</b> Second basic ultrasound (either regular or expanded)	<b>Only if medically necessary:</b> <b>After 20 weeks</b> Doppler ultrasound / Organ ultrasound
25 26 27 28	<b>After 25 weeks</b> Sixth check-up <b>24 – 28 weeks</b> • Second antibody screening • Test for gestational diabetes	
29 30 31 32	<b>After 29 weeks</b> Seventh check-up <b>After 28 weeks</b> Whooping cough vaccination <b>28 – 30 weeks</b> For women who are Rh negative: anti-D immunoglobulin injection <b>29 – 32 weeks</b> Third basic ultrasound scan	
33 34 ...	<b>After 32 weeks</b> Every two weeks: further check-ups <b>After the end of the 32nd week</b> Test for hepatitis B	

