

COMPLETE PREGNANCY GUIDE

Your Week-by-Week Journey to Motherhood

By Dr. Pragya Ojha | Vama Hospital, Varanasi

 Welcome to Your Pregnancy Journey!

This guide provides week-by-week information about your pregnancy, what to expect, and when to seek medical care. Every pregnancy is unique—this is general information, not a replacement for your doctor's personalized advice.

40-WEEK PREGNANCY TIMELINE

1ST TRIMESTER Weeks 1-12



Baby Forms
Size: Bean
Feel: Nausea, Tired

2ND TRIMESTER Weeks 13-26




Baby Grows
Size: 35cm
Feel: Energy, Kicks!

3RD TRIMESTER Weeks 27-40



Baby Ready
Size: 50cm, 3kg
Feel: Ready!

FIRST TRIMESTER (Weeks 1-12)

Weeks 1-2	Body Prepares	No symptoms yet
Weeks 3-4	 CONCEPTION!	Embryo implants
Weeks 5-6	Period Missed	Nausea may start
Weeks 7-8	Heart Beating!	Nausea peaks
Weeks 9-10	Organs Forming	Nausea eases
Weeks 11-12	Looks Human!	Energy returns

What You'll Feel:

- Physical: Tender breasts • Nausea • Fatigue • Frequent urination
- Emotions: Mood swings • Anxiety • Excitement (all normal!)
- Tips: Eat small meals • Rest often • Take folic acid

IMPORTANT DISCLAIMER

This guide provides general pregnancy information. NOT all symptoms apply to every pregnancy. Some women experience different symptoms, timelines, or baby sizes. This is NORMAL. If you have concerns, consult Dr. Pragya Ojha immediately. This guide is NOT medical advice.

♥ SECOND TRIMESTER (Weeks 13-26)

Weeks 13-16	Relief!	Morning sickness usually ends
Weeks 17-20	Mid-Pregnancy Scan	See baby's organs & sex
Weeks 21-26	Baby Hears You!	Strong kicks you feel

This is the GOLDEN Period!

Most women feel amazing during this trimester. You have energy, baby is kicking, and you're showing! Enjoy this phase. ✨

👶 THIRD TRIMESTER (Weeks 27-40)

Weeks 27-30	Growing Fast	Baby practices breathing
Weeks 31-34	Head Down!	Baby positions for birth
Weeks 35-40	Almost Time!	Ready to meet your baby

Stay Positive! You're Almost There!

Last weeks are tough—back pain, fatigue, sleep issues. This is normal. Your baby is fully developed. Labor can start anytime. You're ready! 🍌

🔍 WHEN TO GET SCREENING TESTS (Decision Tree)

Week 11-13 → NT Scan: Check for Down syndrome & heart issues

Week 18-22 → Anatomy Scan: See baby's organs & confirm due date

Week 28-30 → Glucose Test: Diabetes screening (gestational diabetes)

Week 36 → GBS Test: Group B Strep bacteria check

⚠️ WHEN TO CALL DOCTOR IMMEDIATELY (Symptom Checker)

DO YOU HAVE ANY OF THESE SYMPTOMS?

- Heavy Bleeding? → Soaking more than 1 pad/hour or passing tissue
- Severe Pain? → Abdominal, pelvic, or chest pain
- High Fever? → >100.4°F with pelvic pain or discharge
- Fluid Leaking? → From vagina (may indicate water break)
- No Baby Kicks? → No movement for 2+ hours (after week 20)
- Vision Changes? → Blurred vision, seeing spots, or severe headache

IF YES TO ANY ABOVE → CALL DR. PRAGYA OJHA IMMEDIATELY!

HOW TO MONITOR YOUR BABY'S HEALTH

Kick Count	After week 20: Count 10+ kicks in 2 hours = healthy baby
Position	By week 34: Baby should be head-down for normal delivery
Growth	Doctor tracks size at each visit—compared to due date
Heartbeat	Checked at EVERY appointment—normal is 110-160 bpm


CRITICAL DISCLAIMER

This guide covers GENERAL pregnancy information. Pregnancy complications, high-risk pregnancies, and medical conditions require IMMEDIATE professional care. Do NOT delay seeking medical help based on this guide. Contact Dr. Pragya Ojha or emergency services if concerned.

BOOK YOUR CONSULTATION TODAY!

Dr. Pragya Ojha is here to answer ALL your pregnancy questions.

- Expert Gynecology & Obstetrics Care**
 - 15+ Years of Experience**
 - Personalized Pregnancy Plans**
 - 24/7 Emergency Support**
- Safe, Supportive, Patient-Friendly Environment**

 **CALL NOW: +91 9936114381**

 **WHATSAPP: +91 9936114381**

 **VISIT: drpragyaojha.com**

LOCATION: N1/59, A-31 Shivpuri Colony, Nagwa Lanka, Varanasi

TIMINGS: Mon-Thu 9 AM-4 PM | Fri-Sat 9 AM-3 PM | Sun: Closed

 **FIRST-TIME PATIENTS: Get FREE pregnancy consultation + ultrasound guidance!**