

## Your Pregnancy, One Week at a Time

The way that you feel each week during your pregnancy can change remarkably. These changes can be due to a number of reasons but it is important that you monitor your pregnancy week by week to guarantee that you and your baby are healthy.

Your doctor or midwife can observe your pregnancy week by week to accurately assess how your baby is growing. You may not have checkups during the early stages of your pregnancy each week but these appointments will certainly become more frequent towards the end of your pregnancy.

The most common tests that are performed during your pregnancy each week are your weight and blood pressure. These vitals can change during your pregnancy week by week and are checked to ensure that you are putting on the right amount of weight to indicate that your baby is growing at an appropriate rate. Your blood pressure can also be affected during your pregnancy in the same way as it can when you are not pregnant, but it needs to be checked regularly to check that it has not become dangerously high or low. If you do have blood pressure problems during your weekly checks then you are likely to be admitted to hospital to ensure that your blood pressure is monitored constantly.

Once you have reached the second trimester of your pregnancy it is possible for your doctor or midwife to monitor your baby more effectively during your pregnancy week by week. There are a number of tests that a mother may be offered at various intervals during her regular weekly checkups. Some of these tests include examinations for various conditions that the unborn baby may have developed and can help you take preventative measures.

One of the most common questions that women often ask during their pregnancy is what gender their baby is. In some countries it is not common practice for the mother to be told the gender of her baby unless she asks. If a woman knows the gender of her baby it does give her the opportunity to make more specific plans during her pregnancy each week with certain issues such as buying appropriate clothes and choosing names. A lot of women prefer to be surprised as to the sex of their baby until the little bundle of joy is actually born.