

# CONGRATULATIONS!



## You're pregnant!

**When you have a positive pregnancy test, it means you're roughly 4-6 weeks along.**

### Do I need an ultrasound?

You do not need an ultrasound immediately to determine the health of your pregnancy unless there are specific concerns.

If needed, your midwife **will usually recommend an ultrasound between 8-10 weeks** during your first prenatal consult.

Some healthcare providers may suggest an early transvaginal/internal scan, but **from a midwife's perspective, these scans are often not routinely necessary unless there are symptoms like bleeding or severe cramping.** They can be invasive and cause unnecessary stress if not indicated. Discuss this with your midwife, and if you have any concerns or questions, contact Madiluu for guidance.

### I've had a miscarriage before. Should I schedule an earlier consultation?

If you have had a miscarriage in the past, give us a call to discuss your situation. Depending on your history and symptoms, we may recommend seeing you earlier than the usual 6-8 weeks to ensure everything is progressing well.

### When should I book my first consultation?

Your first visit with the midwife is usually scheduled for around **6-8 weeks of pregnancy.** This first appointment will be a time to review your health, discuss what to expect, and start planning for a healthy pregnancy.

### What should I do until then?

- Start taking Methylfolate daily: This supports your baby's development, especially in the early stages. We recommend FOL 123 MF as a good source.
- Discontinue alcohol and tobacco use.
- Stay hydrated and eat well-balanced meals with protein.
- Call your midwife with any questions about any medications that you are currently taking.
- Rest and let your body adjust to the changes.
- Attend a Meet & Greet to see if Madiluu is right for you

### Can I continue exercising?

If you were active before pregnancy and your health permits, it's generally safe to continue your routine with some adjustments.

**Avoid high-impact activities that put too much strain on your body and always listen to how your body feels.**

### Come for a **FREE Meet & Greet**

A tour and orientation to our model of care.

Saturdays 11am - 1pm

Thursdays 6pm - 8pm

RSVP required. Please call  
**+91 78996 62479**