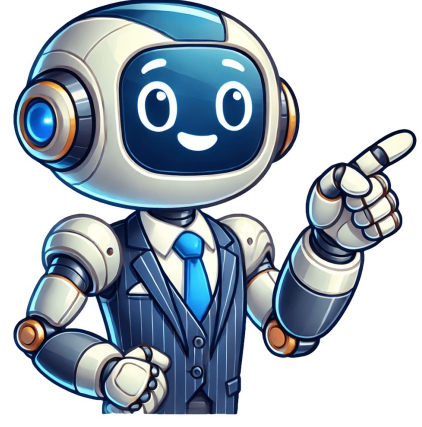


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## Where to get a free pregnancy test

contact your local health centre or GP to arrange your first pregnancy consultation when you know you are pregnant. If you have tested taken a pregnancy test at home and it is positive, this home test is as reliable as the one offered by your doctor or midwife. You should be given an appointment within a week. You can choose whether you want follow-ups during your pregnancy from your GP or midwife. You can also choose to alternate between them. It's a good idea to bring morning urine to all your consultations for urine tests. Consultations during weeks 6-12 of pregnancy What's important to you? At the first consultation, your midwife or doctor will talk to you so that together you can agree on your needs during your pregnancy and what is important to you. This early consultation is about your lifestyle and preparation for pregnancy and how you can get the healthcare you need during pregnancy. You will receive information about follow-ups during your pregnancy (prenatal care) and maternity services where you live. You will be given an Antenatal Health Card which gets filled in. Bring the card with you to each consultation. See more about the health card here (link) and which tests are recommended. During the conversation, the following will be discussed: diet, exercise, smoking and alcohol your health and any illness and use of medicines previous pregnancies, births, maternity leave, breastfeeding and any abortions mental health any experience of violence and abuse declaration of paternity if you and the father of your child are not married Application for co-motherhood in same-sex relationships At all the consultations, you can ask about common ailments and changes to your body during pregnancy. 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This is recommended if you have a cat or if you visited the Mediterranean region immediately before or during your pregnancy. Chlamydia You should test for chlamydia if you are under the age of 25 and/or have had several sexual partners. Chlamydia is a sexually transmitted infection in the genital organs, which can occur in the urethra, uterus and fallopian tubes. Chlamydia does not always cause symptoms. Herpes If you experience a herpes outbreak around your genitals for the first time during your pregnancy, you should discuss the matter with your GP or midwife. You will be referred to a gynaecologist for further follow-ups. Contact your local health centre or GP to arrange your first pregnancy consultation when you know you are pregnant. If you have tested taken a pregnancy test at home and it is positive, this home test is as reliable as the one offered by your doctor or midwife. You should be given an appointment within a week. 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