



Government of the Republic of Trinidad and Tobago
Ministry of Health

The Importance of Antenatal or Prenatal Care

The first three months (**first trimester**) are critical for the safety and development of your unborn baby. Women are encouraged to attend clinic during the first trimester, especially before the first 10 weeks.

If you think you are pregnant, visit your doctor and/or the nearest healthcare facility for further assistance to begin your antenatal care.

During your visits with a healthcare professional, the following can be expected:

- Health checks of the mother including medical history, physical examination and important blood tests.
- Assessment of the health of the baby.
- Up-to-date advice on what to expect while pregnant.



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