



Early Pregnancy Leaflet

Welcome to Vitalab
Centre for Assisted
Conception.

Thank you for choosing
this clinic to assist you in
completing your family.
Vitalab has been helping
patients conceive
for over 31 years.

Please take a few
minutes to read through
this leaflet. It will help
familiarise you with the
routines of our clinic.

The time spent will
make the time you
spend with us as easy
and uncomplicated
as possible.



Leading up to your 7 week scan

This is a very anxious time for couples and can be a very difficult period.

The symptoms of pregnancy may be very variable and unpredictable. It may be normal to feel no pregnancy symptoms at all. Some patient only notice tiredness and breast tenderness, while other may already be suffering from nausea.

The absence of symptoms does not mean that your pregnancy is not healthy.



Nausea in early pregnancy should usually be managed with non-pharmaceutical care such as small frequent snacks as opposed to 3 large meals a day.

One should avoid those foods that aggravate nausea. Often eating or drinking ginger may help. There are certain medications which are safe to use if your nausea is very severe.

Please ask your doctor if you feel you are not coping.

Bleeding in early pregnancy does not always mean that you are having a miscarriage. Bleeding may be as a result of implantation of the placenta into the uterine lining. There are very few emergencies related to bleeding in early pregnancy and especially before your 7 week scan. Should you experience any bleeding which worries you, please report to the clinic during office hours and your problem will be dealt with as efficiently as possible.

There is usually no need to visit a casualty. This bleeding is not usually dangerous to the mom and no urgent treatment is required for the pregnancy.

Your 7 week scan

Your first antenatal scan will take place at Vitalab at about 7 weeks of your pregnancy which usually is 5 weeks after your embryo transfer.

This scan is a transvaginal scan as your uterus is still very low in your pelvis and is better seen than with an abdominal scan.

At this scan you should be able to see if you are pregnant with a singleton or multiples and you should be able to see and hear your baby's heart beat for the first time.

Your 7 week scan is covered in your IVF fee. Should you wish to remain an antenatal patient at Vitalab until 10 weeks of pregnancy you will be charged an additional R2500 which will cover your care during this period.

Planning for the rest of your pregnancy

After your 7 week scan you will be referred to your obstetrician who will look after the rest of your pregnancy. As it is becoming increasingly difficult to get into an obstetrician, we advise you to make an appointment upon receiving this leaflet. Most obstetricians would like to see their patients between 10 and 12 weeks of pregnancy which would be approximately 6 weeks after your positive pregnancy test.

When phoning to schedule the appointment with your obstetrician, please discuss whether he/she would like you to be seen by a fetal medicine expert at 12 weeks.

If this is the case, we urge you to book that appointment without delay as they are extremely difficult to make.

Certain non-invasive tests are now available to screen for chromosomal abnormalities in the fetus. These tests are able to detect fetal cells in the maternal blood and test whether there are too few or too many copies of any of the chromosomes. These tests can be done from 10 weeks of pregnancy and are usually advised for patients at risk of chromosomal abnormalities. These test can be done even if the pregnancy is as a result of donor eggs or donor sperm.

If you had PGS done during your IVF programme, there is no need for any chromosomal testing in pregnancy. Please discuss this with your obstetrician or call Jaysen at Genesis Genetics 0117845444 for more information.

We wish you a healthy pregnancy and feel honoured to have played a part in helping you achieve your dreams of being parents.



The Vitalab Team

For more information, please contact us:

 011 911 4700 /
0861 VTA LAB (882522)

 info@vitalab.com

 www.vitalab.com

 Inner Circle Building,
159 Rivonia Road,
Morningside,
Johannesburg.

 Vitalab

 VitalabSA

 Vitalab