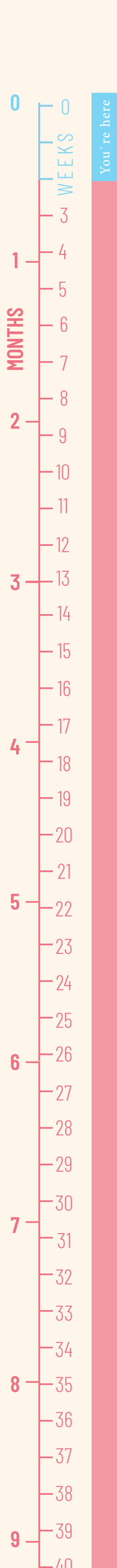


Your pregnancy week by week: weeks 1 and 2



Congratulations! Your body prepares for possible conception during the first and second weeks of pregnancy.



Week 1



This first week is your menstrual period.

Even if your baby hasn't been conceived yet, **this week counts as part of your 40-week pregnancy**, because Your weeks of pregnancy are dated from the first day of your last period.¹

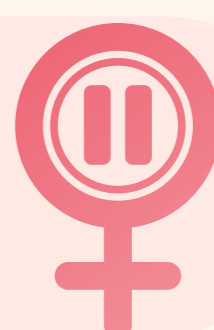
That means **you're not currently pregnant**, but your body's getting prepared as usual for ovulation

(releasing an egg from an ovary).²

Week 2

That might sound odd, but **you're not pregnant yet!**²

Your period has finished by now. One of your ovaries is getting ready to release an egg.



The ovaries are also producing lots of estrogen.³



By the end of this week, the ovary is ready to release an egg – **this is called ovulation.**³



Note



Ovulation usually happens around day 14 if you have a 28-day menstrual cycle. You'll be more likely to get pregnant **if you have sex 1-3 days before ovulation.**³

Things to think about:

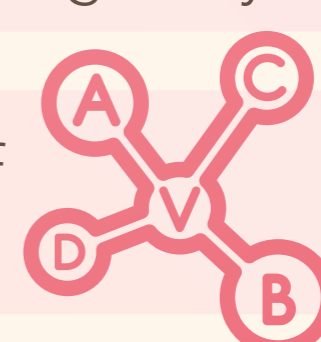
You may not know if you're pregnant in early days and weeks.²

But the following things can be done:



- take **folic acid** for at least **3 months** before the pregnancy and the first **3 months** of your pregnancy.⁴

- eat a healthy, well-balanced diet, full of **vitamins and minerals.**⁴



- cut out** smoking and non-prescribed drugs⁴

It is recommended to begin taking prenatal vitamins and stop using substances such as:⁵



Caffeine



Artificial sweeteners

- If you are taking **prescription drugs**, check with your health care provider to see if such medication is safe to take during pregnancy.

The most important thing you can do right now is to act in the way you would if **you already knew you were pregnant.**⁵

References:

1. Nemours KidsHealth. Parents: Week 1. Available at: <https://kidshealth.org/en/parents/week1.html>. Last accessed at: 26.07.2021
2. NIH. You and your pregnancy at 1 to 3 weeks. Page last reviewed: 17 July 2018. Available at: <https://www.nhs.uk/pregnancy/week-by-week/1-to-12/1-2-3-weeks/>. Last accessed at: 26.07.2021
3. raisingchildren.net.au. 2 weeks pregnant. Last updated or reviewed: 10-11-2020. Available at: <https://raisingchildren.net.au/pregnancy/week-by-week/first-trimester/2-weeks>. Last accessed at: 26.07.2021
4. raisingchildren.net.au. 1 week pregnant. Last updated or reviewed: 09-11-2020. Available at: <https://raisingchildren.net.au/pregnancy/week-by-week/first-trimester/1-week>. Last accessed at: 26.07.2021