

Blood Tests During Pregnancy: What You Need to Know

Highlights

Blood tests are offered during pregnancy to ensure the well-being of you and your baby.

Most of these tests can be done early in your pregnancy.

Your doctor might offer blood tests to check your blood type and if you have any infections or conditions.

Blood tests are important for monitoring your health and your baby's health throughout pregnancy.

In This Article

What Blood Tests Are Done During Pregnancy

Types of Blood Tests During Pregnancy

Blood Group and Rhesus Factor Testing

Anemia and Iron Deficiency Measurement

Infection Screening During Pregnancy

Gestational Diabetes Testing

Vitamin D Level Testing

Prenatal Screening and Testing

Tools and Assistance

What Blood Tests Are Done During Pregnancy

Confirm your pregnancy

Check your blood group

Identify any health issues that may cause a problem during your pregnancy or after birth

Types of Blood Tests During Pregnancy

Your blood type

Iron deficiency and your hemoglobin levels

Sexually transmitted diseases and other infections

Blood sugar levels

Blood Group and Rhesus Factor Testing

Anemia and Iron Deficiency Measurement

A history of anemia

A diet low in vitamin B12 and folate

A vegetarian or vegan diet

Closely spaced pregnancies

Severe morning sickness \(\hyperemesis gravidarum\)

Infection Screening During Pregnancy

Rubella \(\text{German measles}\)

Syphilis

Hepatitis B

Hepatitis C

HIV \(\text{human immunodeficiency virus}\)

Group B streptococcus

Cytomegalovirus

Gestational Diabetes Testing

Fasting overnight

Taking a blood test
Drinking a glucose-containing liquid
Taking additional blood tests one and two hours later

Vitamin D Level Testing

Sun exposure
Foods such as eggs, fish, and dairy products

Prenatal Screening and Testing

Extra chromosomes, such as Down syndrome and Edwards syndrome
Neural tube defects, such as spina bifida
Other congenital disorders

Tools and Assistance

Health monitoring tools: There are various apps and devices designed to help monitor your pregnancy progress, track doctor appointments, and keep track of your test results.

Blood test guidance: Your healthcare provider can guide you on which blood tests are needed during your pregnancy and what each test is for. Be sure to ask about the timing of these tests and what you should expect.

Dietary support: If you need to manage conditions like anemia or gestational diabetes, your healthcare provider or dietitian can provide personalized dietary advice and supplement recommendations.

Prenatal care advice: You can also access information on general prenatal care, including the importance of attending all antenatal appointments and preparing for possible tests or treatments.

Support groups and counseling: If you have any concerns or need additional emotional support, many healthcare centers provide counseling services, support groups, or resources for connecting with other expectant parents.