



# I AM PREGNANT! WHAT TO DO NOW?



## Am I pregnant?

Is your period late? Take a home pregnancy test – preferably early in the morning. To be really sure, you can repeat it. Is it positive?



## Where do I seek advice?

If you suspect you are pregnant, visit your gynaecologist!



Consultations and necessary examinations regarding pregnancy and postpartum period (42 days after labour) are free of charge to Latvian citizens and foreigners who have a permanent residence permit (according to the Health Care Financing Act 2017/259.1).



To receive state-funded maternity care, you have to contact a gynaecologist or midwife who is in a contractual relationship with the state. If your pregnancy proceeds without complications, you may also turn to your family doctor.



The complete list with specialists and institutions that provide state-funded healthcare is available in the webpage of the National Health Service.

Pregnant women are entitled to state-funded:

- consultations with a gynaecologist, midwife or family doctor;
- determination of body mass index;
- fetal heartbeat monitoring;
- laboratory examinations;
- fetal ultrasound;
- other services according to the national health care program.



Prepare questions you want to ask your healthcare specialist and take notes!



## What are the next steps?

If your chosen healthcare specialist has confirmed the pregnancy, you may relax, start enjoying your new role as a mother-to-be and take good care of yourself.



The first state-funded visit to your doctor or midwife has to be planned until the 12th week of pregnancy.



The healthcare specialist will evaluate your overall health and will conduct a gynaecological examination. You will be asked series of questions regarding your medical history, your partner, social and work environment. Together you will discuss the further steps regarding your pregnancy.

Riga Maternity Hospital  
(Rīgas Dzemdību nams)  
provides state-funded  
pregnancy care.



Outpatient care, pregnancy care department:  
T: 67011232, 67011225.  
Working hours:  
08:00 - 16:00 (during weekdays).



Your partner may accompany you on the visit to your health care specialist.

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