

Gestational Age

The timing of when you become pregnant is figured out by using something called **gestational age**.

What is gestational age?

- Gestational age is **how timing of a pregnancy is measured**. It tells you how far along a pregnancy is and tells you when your due date is.

How do you find out what the gestational age is?

- Gestational age begins on **the first day of your last period**, **not the day you had sex**.
- People usually get pregnant about **two weeks after their last period**. For example, if your doctor tells you that you are 12 weeks pregnant, you have actually only been pregnant for 10 weeks.

Why is gestational age used to measure pregnancy?

- For most people, it is hard to remember the date they got pregnant. **That is why gestational age is used**. It is easier for people to remember when the first day of their last period was.

How do you find out the gestational age if you can't recall when your last period began?

- If you are unsure of when your last period began, don't worry. **You can find out the gestational age by having an ultrasound**.



Talk to your CHN doctor or health educator if you have more questions!