

Early Pregnancy Checklist

PREGNANCY SIGNS

- Period is more than 2 days late'
- Tender, swollen breasts
- Nausea
- Increased urination
- Fatigue
- Sensitivity to certain foods
- Constipation or digestive issues
- Light spotting

NEXT STEPS

- Schedule a free and 100% confidential consultation appointment with us to talk through your options in a welcoming environment.