

The Pregnancy Quiz

This is a quiz to help you gauge your knowledge about pregnancy and birth. Please don't take anything here too seriously. It's all about being in charge of your pregnancy so have fun!

1. Pregnancy lasts:

- A. 280 days from your last period
- B. A lifetime
- C. C. 40 weeks
- D. D. A & C

2. Nutrition in pregnancy is:

- A. Not important, the baby will take what it needs.
- B. Very important, make sure you eat for two.
- C. Very important, make what you eat count.
- D. Somewhat important, just make sure you take your vitamins.

3. Ultrasound is:

- A. Recommended every trimester for every pregnant woman.
- B. Recommended only if complications arise.
- C. Greatly reduces the number of birth defects.
- D. Should only be done routinely at 20 weeks gestation.

4. Sex during pregnancy is:

- A. Allowed at any point, following only a few small precautions.
- B. Shouldn't be engaged in at all.
- C. Only in the second trimester.
- D. Any time but the third trimester.

5. Labour is:

- A. Good for the baby.
- B. Something to be avoided if at all possible.
- C. Something you must suffer through.
- D. B & C

6. Labour medications are:

- A. Sometimes helpful in relieving pain, but not stress.
- B. Always cross the placenta and reach the baby.
- C. Should not be used routinely.
- D. All of the above.

7. Childbirth classes are:

- A. A waste of time and/or money.
- B. Medically proven to help during labour and birth.
- C. Just a bunch of people sitting around breathing funny.
- D. Guarantee you a short and easy labour.

8. Forceps are:

- A. Never used anymore.
- B. Used more with regional anaesthesia, than natural or IV medications.
- C. Judgement should be made at the time of birth.
- D. B & C