

CONGRATULATIONS ON YOUR PREGNANCY!

This is a calendar of what to expect over the next nine months. Read over this and feel free to ask any questions you may have. If you have any complications your visits may be more frequent and you may require more prenatal testing.

INITIAL VISIT 6-8 WEEKS

- o Your first prenatal appointment will probably be your longest. Here your doctor will obtain your full medical history.
- o Do physical exam & pelvic exam.
- o Determine due date.
- o Discuss prenatal vitamins.
- o Order laboratory testing: prenatal bloodwork and 1st trimester screen.
- o Discuss dating ultrasound and your 20 week ultrasound, which will determine the gender and anatomy.
- o Discuss options for genetic testing if high risk or if 35 years and older (amniocentesis or CVS).

ABOUT 12 WEEKS

- o You will start monthly visits with your doctor. These visits are quick and easy. A quick visit is a sign that everything is progressing normally.
- o Each visit we will check the following:
 - Weight: You will be weighed to ensure that your weight gain is as it should be.
 - Blood Pressure: This gives your doctor an idea of what your blood pressure normally is which will allow your doctor to pick up on any rise or fall in normal blood pressure.
 - Urine: There are a number of different issues which will be checked through a urine test. Protein and glucose are the most common since any unusual results would indicate a possible complication, such as a urinary tract infection, preeclampsia, or gestational diabetes.
 - Fetal Heart Rate: The doctor will listen to your baby's heart beat.
- o Each visit your tummy (uterine fundus) is measured for growth. This enables us to assure adequate growth.
- o Discuss your prenatal lab results.
- o Discuss AFP testing. AFP testing is to be done between 15-20 weeks if you wish to do it.
- o Discuss 1st trimester screen results.

ABOUT 16 WEEKS

- o At this visit you are most likely feeling better.
- o You will discuss the results from AFP testing.



ABOUT 20 WEEKS

- o Perform ultrasound and review results.
- o Review results of AFP testing if done later than 16 weeks.

ABOUT 24 WEEKS

- o Order one-hour glucose test (fasting is not necessary) to check for gestational diabetes, bloodwork to test for anemia, and antibody screen.

ABOUT 28 WEEKS

- o Order one-hour glucose test (if not already done).
- o A Rhogam shot is given to patients who have RH-negative blood type.

ABOUT 30 WEEKS

- o Here you will start to have visits every two weeks.
- o Pick a pediatrician.

ABOUT 32 WEEKS

- o Discuss disability (if needed), labor and delivery, pediatrician, circumcision, breast or bottle feeding, and registering at the hospital (unless already done).

ABOUT 35 WEEKS

- o Now you will start weekly visits to the doctor.
- o Group B strep culture is taken.

ABOUT 36-37 WEEKS

- o Discuss 35-36 week culture results.
- o The same checks will continue to be performed as well as a cervical exam (possibility of spotting after exam).

ABOUT 38-41 WEEKS

- o Check weight, blood pressure, and urine.
- o Listen to fetal heartbeat and check uterine size.
- o Cervical exam.
- o Doctor may discuss and schedule induction.