PRENATAL VISITS...WHAT TO EXPECT

Initial (First) Visit:

Medical and Obstetrical History

Weight

Blood Pressure

Urine Sample

Pelvic Exam

Pap Smear

Std test

No Ultrasound

Routine Prenatal Visits:

Initial visits up to 32 weeks (every 4 weeks)

32 to 36 weeks (every 2 weeks)

36 weeks until delivery (every week)

Visit includes:

Weight

Blood Pressure

Urine Sample

Fundal (uterine) Height

Fetal Heart Rate Check

15 to 20 Weeks:

Prenatal Labs Drawn

HIV Testing offered

Tri-Screen offered for testing

Down Syndrome or Spina Bifida Risk

Schedule Prenatal Classes

26 to 28 Weeks:

Lab work ordered to check for Anemia (low blood count) and Gestational Diabetes If your blood type is Rh-Negative, you will receive the Rhogam shot (The baby's blood type will be checked after delivery to determine if you need an additional Rhogam shot)

28 Weeks to Delivery:

If medically necessary, a non-stress test may be done at the office or Birthing Center. This test externally monitors the baby's heartbeat and any contractions.

38 Weeks to Delivery:

Vaginal Exams for cervical dilation will be done each week.

Postpartum (4 to 6 Weeks after delivery)

Your postpartum check-up is with the Nurse Practitioner

This visit is similar to your yearly annual exam and will include a pelvic exam, pap smear, and breast exam.

Things to Consider during Pregnancy:

Who will be the Pediatrician? Breast-feed or Bottle-feed?

Male child circumcised? Birth control options (Post pregnancy)