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:
Visit includes:
Weight
Blood Pressure
Urine Sample
Fundal (uterine) Height
Fetal Heart Rate Check

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)