

ROUTINE PRENATAL CARE

Estimated Appointment Schedule

Appointments will be every four (4) weeks until 32 weeks gestation. At 32 weeks you will be seen every 2-3 weeks and weekly after 36 weeks. Depending on progression, visits may be more frequent according to the provider recommendation. Each appointment is very important and should be followed through with completely. If you are unable to keep a scheduled appointment, please call the office immediately and reschedule.

Each office visit includes: weight, blood pressure, urine dip, fetal heart rate (after 12 weeks gestation), measurement of growth, and time for your questions concerns. Further testing will be done as necessary.

Weeks 8-12 You may have had your first visit with our office. A pap and pelvic culture has been done and some blood work, also. You will be receiving a prescription for prenatal vitamins within your next few visits if you haven't already. You will be offered an optional test called a Nuchal Translucency. A Nuchal is a limited ultrasound that is time sensitive, it can only be done between 12 and 13 weeks. This test checks for some possible birth defects.

Weeks 16-21 You will be offered another optional blood screening test called Alpha-Fetoprotein (AFP). This test helps to screen for increased risk for Downs Syndrome and Open Neural Tube defects. At around 20 to 22 weeks, an ultrasound will be ordered to assess the fetal anatomy and provide a more accurate date of delivery. ***With this ultrasound the gender of the baby can usually be determined. However, ultrasounds are only ordered when medically necessary and will not be ordered just to determine the baby's gender.*** Ultrasounds may be ordered at any time in the pregnancy if the provider feels that is needed.

Weeks 24-28 You will receive instructions on obtaining a blood sugar test. A Complete Blood Count (CBC) and Glucose Challenge Test (CGT) will be drawn around 28 weeks. These tests determine anemic conditions and gestational diabetes. At this time, if you have the blood type RH negative, you will also have an antibody test drawn and receive a Rhogam injection. You will not be required to fast for these tests, unless requested by the provider. During this time frame a decision should be made about whether you are going to bank your baby's cord blood.

Weeks 33-35 A vaginal culture will be obtained for Group B strep (GBS) bacteria. If you have a positive test result, you will be given antibiotics during delivery.

Weeks 36+ A pelvic exam will be performed to check for progression of dilation and effacement. This will be done at each visit until delivery.