



WHAT TO EXPECT DURING YOUR PRENATAL VISITS

We cannot predict what will happen during the course of your pregnancy, but we can alert you to the routine of normal prenatal care. The outline below is the minimum of what to expect during your visits. It will also remind you of what tests and special arrangements to plan over the next nine months. We will be ordering additional tests or increasing the frequency of your visits, if you have special problems or obstetrical needs. Remember, this is only a guideline to help you plan for your prenatal visits.

FIRST PRENATAL VISIT	<ul style="list-style-type: none"> Routine lab work to include: <ul style="list-style-type: none"> Complete blood count Blood type and Rh factor Antibody screen Syphilis screen Rubella screen Hepatitis B and C surface antigens Chlamydia and Gonorrhea cultures HIV screen Urine culture/Urine toxicology Complete history & physical to include a pap smear (if not recently done) Initial sonogram Plan your prenatal care
9-14 WEEKS GESTATION	Nuchal translucency offered
15 WEEKS GESTATION	<ul style="list-style-type: none"> AFP (if desired) Bring hospital registration form to next visit Register for prenatal classes
20 WEEKS GESTATION	<ul style="list-style-type: none"> Comprehensive Sonogram – Annapolis & Waugh Chapel offices only Investigate pediatrician selection
28 WEEKS GESTATION	<ul style="list-style-type: none"> One hour blood glucose level screening for gestational diabetes Re-check blood count for anemia Rh antibodies and Rhogam (if needed) Syphilis screen (blood is drawn in Annapolis & Waugh Chapel offices) Routine visits begin every 2 weeks
32 WEEKS GESTATION	Notify us of pediatrician selection
36 WEEKS GESTATION	<ul style="list-style-type: none"> Begin weekly visits Beta Strep Culture
38-42 WEEKS GESTATION	<ul style="list-style-type: none"> Full term delivery expected <ul style="list-style-type: none"> Internal pelvic exam based on symptoms Non-stress tests, biophysical profiles (as indicated) Discuss timing of delivery as you approach 41 weeks gestation