



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 routines 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	Routine lab work to include: 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 and NIPT (Non-Invasive Prenatal Testing offered) Early glucose testing for increased BMI (Body Mass Index)
15 WEEKS GESTATION	AFP (if desired) Register for your delivery and for prenatal classes online
20 WEEKS GESTATION	Comprehensive Sonogram – Annapolis, Waugh Chapel, Pasadena offices Investigate pediatrician selection Doula Information provided
24 WEEKS GESTATION	Information for glucose testing, Tdap Vaccine, and Circumcision given
28 WEEKS GESTATION	One hour blood glucose level screening for gestational diabetes Re-check blood count for anemia, Rh antibodies, and Syphilis Rhogam (if needed), Tdap Vaccine Breast feeding packet given if you plan to BF
30 WEEKS GESTATION	Routine visits begin every 2 weeks
32 WEEKS GESTATION	Notify us of pediatrician selection
36 WEEKS GESTATION	Begin weekly visits Beta Strep Culture Additional BF information given if you plan to BF
38-42 WEEKS GESTATION	Full term delivery expected Internal pelvic exam based on symptoms Non-stress tests, biophysical profiles (as indicated) Discuss timing of delivery as you approach 41 weeks gestation