

# Prenatal Visits

The below guide is a basic outline of what you can expect. This schedule may be altered based on your specific needs.

Each prenatal visit includes:

- Maternal weight and blood pressure check,
- Maternal urine exam (urine sample given at the beginning of each visit), and
- Fetal heartbeat check.

## Typical Schedule for Prenatal Visits

<p><b>Initial Prenatal Visits</b> [Up to 10 Weeks]</p>	<ul style="list-style-type: none"> <li>✓ Ultrasound to confirm pregnancy and determine the baby's estimated due date</li> <li>✓ Physical exam</li> <li>✓ Prenatal panel of blood work including:               <ul style="list-style-type: none"> <li>• Hemoglobin/blood count</li> <li>• Blood type</li> <li>• State-mandated screening for various infections such as HIV, Syphilis, Hepatitis, Chlamydia, and Gonorrhea</li> <li>• Screening for immunity to Chickenpox and Rubella</li> <li>• Carrier screening for hereditary diseases that you could potentially pass on to your child, <i>if not already completed</i></li> </ul> </li> <li>✓ Counsel about first trimester genetic screening</li> </ul> <p><i>See page 5 for more detailed information about genetic screening options.</i></p>
<p><b>12 Week Visit</b> <i>With Nurse Practitioner</i></p>	<ul style="list-style-type: none"> <li>✓ Ultrasound (done with MHM)</li> <li>✓ Review initial prenatal lab work</li> <li>✓ Perform first-trimester genetic screening, if desired</li> </ul>
<p><b>16 Week Visit</b> <i>With Nurse Practitioner</i></p>	<ul style="list-style-type: none"> <li>✓ Alpha-fetoprotein (AFP) screening for neural tube defects</li> </ul>
<p><b>20 Week Visit</b></p>	<ul style="list-style-type: none"> <li>✓ Ultrasound for a detailed anatomy and gender scan. While the scan can assess for many problems, not every disorder, anatomic or otherwise, can be detected.</li> <li>✓ Discuss glucose testing instructions for next visit</li> </ul> <p><i>We suggest scheduling a virtual or in-person hospital tour at this time.</i></p>
<p><b>24 Week Visit</b> <i>With Nurse Practitioner</i></p>	<ul style="list-style-type: none"> <li>✓ Routine monitoring of mother and baby</li> </ul>
<p><b>28 Week Visit</b></p>	<ul style="list-style-type: none"> <li>✓ Perform Edinburgh Postnatal Depression Scale (EPDS)</li> <li>✓ Perform glucose testing</li> <li>✓ Perform growth sonogram as indicated</li> <li>✓ Routine lab work and screen for gestational diabetes and infections</li> <li>✓ If blood work determines you are Rh-negative, you will receive a Rhogam injection.</li> </ul>
<p><b>30 Week Visit</b> <i>Eligible for telemedicine</i></p>	<ul style="list-style-type: none"> <li>✓ Review lab results</li> <li>✓ Routine monitoring of mother and baby</li> </ul> <p><i>Tdap vaccination will be offered</i></p>
<p><b>32 Week Visit</b> <i>With Nurse Practitioner</i></p>	<ul style="list-style-type: none"> <li>✓ Routine monitoring of mother and baby</li> </ul> <p><i>Certain high-risk conditions will begin antenatal screening and ultrasounds.</i></p>
<p><b>34 Week Visit</b> <i>Eligible for telemedicine</i></p>	<ul style="list-style-type: none"> <li>✓ Routine monitoring of mother and baby</li> <li>✓ Discuss what to expect for postpartum care</li> </ul>
<p><b>36 Week Visit and Weekly Until Delivery</b></p>	<ul style="list-style-type: none"> <li>✓ Perform Group Beta Strep test (pelvic exam). This is a common bacteria found in 20% of patients. It is not an STD or infection that causes symptoms, but can cause complications for the baby. If you are positive, you will receive antibiotics during labor. <i>Please notify us if you have a penicillin allergy.</i></li> <li>✓ Perform growth sonogram as indicated</li> <li>✓ Possible cervix check to assess for dilation</li> </ul> <p><i>You may elect to schedule an induction of labor at 39 weeks or later.</i></p>
<p><b>40+ Weeks</b></p>	<ul style="list-style-type: none"> <li>✓ If you have not delivered by your due date, you will begin weekly visits with ultrasound and fetal monitoring to check for fetal well-being.</li> <li>✓ Discuss possible induction of labor</li> </ul>