

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 (beginning at 16 weeks).

Typical Schedule for Prenatal Visits

First Prenatal Visit [Up to 10 Weeks]	<ul style="list-style-type: none"> ✓ Ultrasound to confirm pregnancy and determine the baby's estimated due date ✓ Physical exam ✓ Prenatal panel of blood work including: <ul style="list-style-type: none"> • Hemoglobin/blood count • Blood type • State-mandated screening for various infections such as HIV, Syphilis, Hepatitis, Chlamydia, and Gonorrhea • Screening for immunity to Chickenpox and Rubella • Carrier screening for hereditary diseases that you could potentially pass on to your child, <i>if not already completed</i>
Telemedicine: Genetics Counseling	See page 5 for more detailed information about genetic screening options.
12 Week Visit	<ul style="list-style-type: none"> ✓ Ultrasound ✓ Review initial prenatal lab work ✓ Perform first trimester genetic screening, if desired
16 Week Visit	✓ Alpha-fetoprotein (AFP) screening for neural tube defects
20 Week Visit	<ul style="list-style-type: none"> ✓ 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. <p><i>We suggest scheduling a virtual or in-person hospital tour at this time.</i></p>
24 Week Visit <i>Eligible for telemedicine.</i>	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby ✓ Discuss glucose testing instructions for next visit
28 Week Visit	<ul style="list-style-type: none"> ✓ Perform Edinburgh Postnatal Depression Scale (EPDS) ✓ Routine lab work and screen for gestational diabetes and infections ✓ If blood work determines you are Rh-negative, you will receive a Rhogam injection. ✓ Receive your Pacify baby shower gift from your provider <p><i>If you prefer, we suggest scheduling the Tdap vaccine at this time.</i></p>
30 Week Visit <i>Eligible for telemedicine.</i>	<ul style="list-style-type: none"> ✓ Review lab results ✓ Routine monitoring of mother and baby
32 Week Visit	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby <p><i>Certain high-risk conditions will begin antenatal screening and ultrasounds.</i></p>
34 Week Visit <i>Eligible for telemedicine.</i>	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby ✓ Discuss what to expect for postpartum care
36 Week Visit and Weekly Until Delivery	<ul style="list-style-type: none"> ✓ 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> ✓ Possible cervix check to assess for dilation <p><i>You may elect to schedule an induction of labor at 39 weeks or later.</i></p>
40+ Weeks	<ul style="list-style-type: none"> ✓ 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. ✓ Discuss possible induction of labor