



WHAT TO EXPECT DURING EACH PRENATAL VISIT

FREQUENCY OF PRENATAL VISITS

Schedule your first visit as soon as you learn you are pregnant. The first visit generally occurs between 8-12 weeks gestation. The remaining prenatal visits occur four weeks apart until 28 weeks gestation. From 28-36 weeks your visits will occur every two weeks. From 36 weeks until 41 weeks, your visits are weekly. Some conditions will require closer surveillance and more frequent visits.

FIRST VISIT

Your first visit is typically the longest, lasting approximately one hour. Discuss your past medical, surgical, and obstetrics history. Perform a physical exam, which may include a Pap smear. Provide you with pregnancy reading materials. Discuss importance of prenatal vitamins, nutrition, and exercise. Discuss strategies to control nausea and vomiting of pregnancy. Discuss which OTC medications are safe during pregnancy. Obtain prenatal labs and perform noninvasive prenatal testing to screen for chromosomal abnormalities and determine the gender of the baby. Perform an ultrasound to confirm the pregnancy viability and your due date.

FOLLOW UP VISITS

Each visit will either consist of an ultrasound or listening to your baby's heart beat with a Doppler. At approximately 18-22 weeks gestation a fetal anatomy ultrasound is performed ("The Big Ultrasound"). Between 24-28 weeks we will screen for gestational diabetes. Between 27-36 weeks the Tdap vaccine will be offered. The Influenza vaccine is recommended to all pregnant patients during Flu Season. The COVID-19 vaccine may be given during pregnancy.

PLEASE CALL IF ANY OF THE FOLLOWING OCCUR DURING YOUR PREGNANCY

Unexplained vaginal bleeding
Fever over 100.4 degrees
Severe pain
Severe headache not relieved by good hydration and Acetaminophen
Visual disturbances, double vision, blurry vision
Excess leakage of vaginal fluid
Contractions that suggest labor (Refer to handout: "Recognizing Labor")
Decreased movement of the baby (Refer to handout: "Recognizing Labor")