



Pregnancy Visit Schedule

Normal pregnancies will typically be scheduled as follows. Your scheduled visits may be modified depending on how your pregnancy progresses. We refer to your pregnancy in weeks. A term pregnancy is 40 weeks, beginning on the first day of your last menstrual cycle. Two of those weeks you were not pregnant, as conception often occurs about 14 days after the start of your last period. We also use a lunar calendar which is 28 days. Therefore, term pregnancy is 40 weeks but about 9 full months. Often we use terminology that may be confusing; please let us know if you do not understand. We are happy to answer any questions; you might want to write down your questions before your visit.

Weeks Gestation	What you can expect at this visit
8-12 Weeks Pregnancy Confirmation	Pregnancy Confirmation: a limited ultrasound to confirm the pregnancy is developing well and the baby has an active heart rate. Your first OB visit follows this ultrasound. It is a 45-60 minute visit with the Nurse Practitioner or Physician Assistant. A full physical including a pelvic exam is done if needed. A thorough medical/genetic history is taken. This is an opportunity to orient you to prenatal care. This might be the first time you hear your baby's heart beat. Blood work and testing can be expected.
13-17 Weeks	Genetic counseling and genetic screening tests offered, including sequential screening, AFP4 and amniocentesis.
20 Weeks	Ultrasound examination. At this time, we may be able to determine the sex of the baby. If you do not want to know, please tell us. You are welcome to bring 2 family members and a blank DVD+RW. Expect the visit to be 30-45 minutes.
26-28 Weeks	Glucose testing. You will be given a sugary drink to take one hour before your next visit. We will then prick your finger to check your glucose level and your blood count for anemia.
28 Weeks	If your blood type is RH negative you will need a shot called RhoGam. We will let you know your blood type and discuss this further with you—usually at your 12 to 20 week visits.
37 Weeks	At this visit we will be taking a culture of your vagina for Group B strep. This is an organism that can be normally present but if you test positive it could cause an infection in the baby at the time of the birth. You will be treated with antibiotics when you are in labor.
Visits from 8-28 weeks	Your visits are usually scheduled once a month. Except for the 1st OB, visit you can expect each visit to be short. At each visit we will: weigh you, take your blood pressure, measure your uterus and check the baby's heartbeat. We will be happy to answer any questions or address any concerns you might have.
Visits from 28-36 weeks	Your visits are usually scheduled every two weeks.
Visits from 36-40 weeks	Your visits are usually scheduled weekly.
Visits at 40+ weeks	If you happen to go past your due date you can expect some extra testing at each visit. We will be checking your baby's well being by placing you on a fetal monitor. We will also check your placenta and amniotic fluid level by ultrasound examination.