

PREGNANCY CARE PDF (branded Four Corners OB/GYN)

Prenatal Visits

Although normal pregnancies follow the typical schedule below, your 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. If we use terminology that is confusing, please let us know 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
8-28 weeks	
Your visits are usually scheduled once a month. Except for the 1 st 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.	
8-12 weeks Pregnancy Confirmation	Anticipate a limited ultrasound to confirm the pregnancy is developing well and the baby has an active heart rate. Following your ultrasound, you’ll talk with a nurse practitioner or physician assistant for 45-50 minutes. A full physical is performed including a pelvic exam. 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 AFP Blood Test/Amniocentesis	AFP blood test and/or amniocentesis will be performed.
20 weeks Ultrasound	Ultrasound examination lasting 30-45 minutes. 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 family members and a blank DVD-R.
28-36 weeks	
Your visits are usually scheduled every two weeks.	
26-28 weeks Glucose Testing	You will be given a sugary “soda like” drink to take one hour before this visit. To test for anemia, we will prick your finger to check your glucose level and your blood count.
28 weeks Routine Exam RhoGam injection	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 Routine Exam Group B strep test	We'll take a culture of your vagina for Group B strep, a normal presence. However, if you test positive, Group B strep could cause an infection in the baby at the time of birth. You will be treated with antibiotics when you are in labor.
---	---

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.