

# Prenatal Visits

The below guide is a basic outline of what you can expect but this schedule may be altered based on your specific needs. *Bedside ultrasounds will be offered at every visit.*

## Typical Schedule for Prenatal Visits

<p>First Prenatal Visit [Up to 10 Weeks]</p>	<ul style="list-style-type: none"> <li>✓ Ultrasound to confirm pregnancy and determine the baby's estimated due date. Ultrasound will be added to your USBytes Baby Bracelet.</li> <li>✓ Review your medical, surgical, genetic, and family medical history.</li> <li>✓ Physical exam.</li> <li>✓ Lab work to analyze blood work and screen for STIs/STDs and immunity to various viruses (such as Chickenpox and Rubella). Discuss optional testing available.</li> <li>✓ Optional early gender testing. Not covered by insurance.</li> </ul>
<p>12 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Check baby's heart rate and check mother's weight and blood pressure and perform urine exam.</li> <li>✓ Review your initial prenatal labs.</li> <li>✓ Perform first trimester genetic screen, if necessary.</li> </ul>
<p>16 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ Routine lab work.</li> <li>✓ Optional screening for birth defects.</li> </ul>
<p>20 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ Detailed anatomy and gender scan. Ultrasound will be added to your USBytes Baby Bracelet.</li> </ul>
<p>24 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> </ul>
<p>28 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</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 prescription for a Rhogam injection.</li> </ul> <p><i>If you prefer, we suggest scheduling the Tdap vaccine at this time.</i></p>
<p>30 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ Review your 28-week lab results.</li> </ul>
<p>32 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ 4D ultrasound at select offices. Friends and family are welcome to join when guests are allowed. Ultrasound will be added to your USBytes Baby Bracelet.</li> </ul>
<p>34 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> </ul>
<p>36 Week Visit</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ Perform Group Beta Strep test (pelvic exam).</li> </ul> <p><i>We suggest asking your provider about planning for delivery at the hospital.</i></p>
<p>37 Week Visit and Weekly Until Delivery</p>	<ul style="list-style-type: none"> <li>✓ Measure uterine size, check baby's heart rate, check mother's weight and blood pressure, and perform urine exam.</li> <li>✓ Possible cervix check to assess for dilation (pelvic exam).</li> <li>✓ Discuss possible induction of labor if you have not delivered by your due date.</li> </ul>