

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

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