

Prenatal Visits

The below guide is a basic outline of what you can expect. This schedule may be altered based on your specific needs.

Each prenatal visit includes:

- Maternal weight and blood pressure check,
- Maternal urine exam (urine sample given at the beginning of each visit), and
- Fetal heartbeat check (beginning at 16 weeks).

Typical Schedule for Prenatal Visits

OB Confirmation Visit	✓ 2-4 weeks after your positive pregnancy test; 6-8 weeks pregnant
New OB Visit [10 Weeks]	✓ Physical exam ✓ Prenatal panel of blood work including: • Hemoglobin/blood count • Blood type • State-mandated screening for various infections such as HIV, Syphilis, Hepatitis, Chlamydia, and Gonorrhea • Screening for immunity to Chickenpox and Rubella • Carrier screening for hereditary diseases that you could potentially pass on to your child, <i>if not already completed</i> • Screening for aneuploidy (please see page 5 for more detailed information about genetic screening options)
12 Week Visit	✓ Ultrasound is performed at our MFM department located at Liv
16 Week Visit	✓ Alpha-fetoprotein (AFP) screening for neural tube defects
20 Week Visit	✓ Ultrasound is performed at our MFM department located at Liv To do: Register at Sibley Memorial Hospital
24 Week Visit <i>Eligible for telemedicine.</i>	✓ Routine lab work and screen for gestational diabetes and infections <i>Instructions: You do not need to fast before this appointment. You must be at least 24 weeks pregnant (you can not be "almost" 24 weeks). You may not eat or drink anything except water after you drink the glucose beverage. This test is performed between 24-28 weeks of pregnancy.</i>
28 Week Visit	✓ Perform Edinburgh Postnatal Depression Scale (EPDS) ✓ If blood work determines you are Rh-negative, you will receive a Rhogam injection. To do: Receive the Tdap vaccine
30 Week Visit <i>Eligible for telemedicine.</i>	✓ Routine monitoring of mother and baby
32 Week Visit	✓ Routine monitoring of mother and baby <i>Certain high-risk conditions will begin antenatal screening and ultrasounds.</i>
34 Week Visit <i>Eligible for telemedicine.</i>	✓ Routine monitoring of mother and baby
36 Week Visit and Weekly Until Delivery	✓ Perform Group Beta Strep test (pelvic exam). This is a common bacteria found in 20% of patients. It is not an STD or infection that causes symptoms, but can cause complications for the baby. If you are positive, you will receive antibiotics during labor. <i>Please notify us if you have a penicillin allergy.</i> ✓ Possible cervix check to assess for dilation <i>Discussion of timing of induction of labor.</i>
40+ Weeks	✓ If you have not delivered by your due date, you will begin weekly visits with ultrasound and fetal monitoring to check for fetal well-being. ✓ Discuss possible induction of labor