

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.

Typical Schedule for Prenatal Visits

Initial Prenatal Visits [Up to 10 Weeks]	<ul style="list-style-type: none"> ✓ Ultrasound to confirm pregnancy and determine the baby's estimated due date ✓ Physical exam ✓ Prenatal panel of blood work including: <ul style="list-style-type: none"> • 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, if not already completed ✓ Counsel about first trimester genetic screening <p>See page 5 for more detailed information about genetic screening options.</p>
12 Week Visit With Nurse Practitioner	<ul style="list-style-type: none"> ✓ Ultrasound ✓ Review initial prenatal lab work ✓ Perform first trimester genetic screening, if desired
16 Week Visit	<ul style="list-style-type: none"> ✓ Alpha-fetoprotein (AFP) screening for neural tube defects
20 Week Visit	<ul style="list-style-type: none"> ✓ Ultrasound for a detailed anatomy and gender scan. While the scan can assess for many problems, not every disorder, anatomic or otherwise, can be detected. ✓ Discuss glucose testing instructions for next visit <p>We suggest scheduling a virtual or in-person hospital tour at this time.</p>
24 Week Visit With Nurse Practitioner	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby ✓ Perform glucose testing
28 Week Visit	<ul style="list-style-type: none"> ✓ Perform Edinburgh Postnatal Depression Scale (EPDS) ✓ Routine lab work and screen for gestational diabetes and infections ✓ If blood work determines you are Rh-negative, you will receive a Rhogam injection. Tdap vaccination will be offered
30 Week Visit	<ul style="list-style-type: none"> ✓ Review lab results ✓ Routine monitoring of mother and baby
32 Week Visit With Nurse Practitioner	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby <p>Certain high-risk conditions will begin antenatal screening and ultrasounds.</p>
34 Week Visit	<ul style="list-style-type: none"> ✓ Routine monitoring of mother and baby ✓ Discuss what to expect for postpartum care
36 Week Visit and Weekly Until Delivery	<ul style="list-style-type: none"> ✓ 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. Please notify us if you have a penicillin allergy. ✓ Possible cervix check to assess for dilation <p>You may elect to schedule an induction of labor at 39 weeks or later.</p>
40+ Weeks	<ul style="list-style-type: none"> ✓ 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