



What to Expect at Prenatal Visits

Your body changes and your baby grows all throughout pregnancy. That's why keeping up with prenatal visits is so important. Your care team will monitor things like blood pressure and weight. You'll also get to bring up any questions or symptoms you're having and discuss next steps.

Every pregnancy is unique. Here's what you can generally expect at each visit.

First Trimester

- Confirm pregnancy
- Have your first ultrasound to see how far along you are
- Complete a physical, pelvic exam and routine blood work
- Talk about general pregnancy care
- Discuss genetic screening options and schedule testing for certain birth defects

Second Trimester

- Hear your baby's heartbeat
- Undergo optional testing for spinal cord and brain conditions
- Have the anatomy scan
- Learn your baby's sex, if you'd like
- Get tested for gestational diabetes

Third Trimester

- Start seeing your doctor every 1 to 2 weeks
- Discuss delivery planning (schedule repeat C-section if needed)
- Share your preferences for labor, delivery and newborn care
- Talk about **picking a pediatrician**
- Discuss feeding plans and **see a lactation consultant** if desired
- Go over future pregnancy planning and birth control after delivery, if desired

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