



| what to expect at each visit |

TO HELP ENSURE YOUR HEALTH AND THAT OF YOUR BABY, YOU WILL SEE OUR PROVIDERS MANY TIMES DURING YOUR PREGNANCY. THE FOLLOWING GUIDE OUTLINES THE SCHEDULE OF VISITS AND WHAT TO EXPECT DURING EACH.

REMEMBER THAT EVERY PREGNANCY IS DIFFERENT, AND SOME MAY REQUIRE ADDITIONAL TESTS, ULTRASOUNDS OR VISITS.

○ 6 TO 10 WEEKS

Your first appointment is very important. We will review personal and family history for you and your baby's father. This visit includes a complete physical exam, pelvic exam and routine blood work. Your next few appointments will be every four weeks.

○ 11 TO 14 WEEKS

Expect to hear your baby's heartbeat for the first time! At this visit, you may be scheduled for optional testing to assess your baby's risk of having abnormal chromosome disorders such as Down Syndrome.

○ 16 TO 20 WEEKS

During this time, you may begin to feel your baby move, although some first-time mothers may not notice movement until 22 weeks of gestation. At this visit, you may have optional screening called the Alpha-Fetoprotein test (AFP). This test can help detect abnormal growth of your baby's spinal cord and brain.

○ 19 TO 24 WEEKS

An ultrasound is usually performed at this visit to look at your baby's growth. Ultrasound does not detect all growth problems. Depending on your baby's position in the uterus, we may be able to determine gender. Guests may attend the ultrasound with you, but children who attend must be supervised at all times.

○ 24 TO 28 WEEKS

You will be screened for gestational diabetes during this time. The screening takes about 90 minutes and requires you to drink a very sweet liquid and have your blood sugar tested one hour later.

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○ 28 TO 36 WEEKS

During this time, you will have an appointment every two weeks to monitor your health and that of your baby. Other things you should consider:

- **Pediatrician:** Begin looking for a pediatrician for your baby if you haven't already.
- **Circumcision:** The American Academy of Pediatrics states that there are some health benefits to circumcision. You should consider these benefits along with religious, cultural and ethical beliefs when deciding on circumcision for your son. If you are considering this procedure, talk to your doctor.
- **Tubal ligation:** If you are considering having your tubes tied, now is the time to discuss it with your physician.

○ 36 TO 40 WEEKS

You will have an appointment every week. This is a great time to schedule an appointment with any of our providers you have not met. During one of these weekly visits, we will test you for Group B Strep, a common bacteria that can be found in the vagina and passed on to the baby during delivery. We may also perform a pelvic exam to check your cervix for dilation.

If you have any questions or concerns throughout your pregnancy, make a list and bring it with you to discuss with your doctor during your visit. You are always free to call our office with questions.

QUESTIONS/CONCERNS:

