



What to Expect in Your Prenatal Appointments

- **6-7 weeks:** Confirmation of pregnancy with a pelvic exam and blood work.
- **8-10 weeks:** Sonogram to confirm gestational age and see a heartbeat. Discuss results, set a due date, review your obstetric history and any risk factors. Routine blood work includes complex blood count, blood type, antibody screen, immunity to Rubella, HIV and Hepatitis B testing.
- **12 weeks:** Full physical exam includes Pap Test, STI screening, urine culture. Prenatal screening options reviewed.
- **16 weeks:** Discuss results of above testing.
- **20 weeks:** Detailed sonogram to ensure a healthy baby and determine gender (if desired). Discuss your travel plans and physical activity restrictions.
- **24 weeks:** Order Rhogam shot (if RH-negative). Discuss childbirth classes, signs of preterm labor.
- **28 weeks:** Gestational diabetes screen with one-hour Glucola and CBC. Second test for HIV, syphilis, and Hep B for those at increased risk. Discuss trial of labor after C-section, Tdap vaccine.
- **32 weeks:** Discuss 28-week lab results. Discuss birth plan and anesthesia options.
- **35 weeks:** Group B Strep culture. Discuss breastfeeding and car seat preparation.
- **37 weeks:** Review signs of labor. Discuss postpartum family planning and postpartum depression.
- **38 weeks:** Cervical check.
- **39 weeks:** Cervical check.
- **40 weeks:** Cervical check. Discuss scheduling induction.
- **41+ weeks:** Cervical check. Non-Stress Test (fetal heart monitoring) and Amniotic Fluid check. Schedule induction if no labor by 42 weeks.

At each of the above routine OB visits, we will check your weight, blood pressure, and urine. We will listen for fetal heart tones and measure the size of your uterus. We welcome your family at these appointments, but please use discretion in bringing children to visits that include an exam.

We provide in-house ultrasounds including the routine 8-week and 20-week ultrasounds. We also perform imaging, as needed, to evaluate a problem.