

# Pregnancy

## APPOINTMENTS

What to expect at your  
prenatal doctor's  
appointments



An illustration of a pregnant woman's belly, rendered in a stylized, layered manner with shades of orange, red, and pink. The belly is positioned on the left side of the image, curving towards the center. The background is a light green with a pattern of small, darker green circles.

## THIS GUIDE IS A GENERAL TIMELINE OF PREGNANCY APPOINTMENTS.

We realize that every patient is different; every patient will receive individualized care based on their specific medical needs and their physician's direction.

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# at every OB APPOINTMENT

YOUR DOCTOR WILL CHECK YOUR:



WEIGHT



URINE TEST



BLOOD  
PRESSURE



BABY'S  
HEARTBEAT



BABY'S  
DEVELOPMENT



UTERUS  
MEASUREMENT

*\*After 24 weeks*

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# your FIRST JOB APPOINTMENT



## TRANSVAGINAL ULTRASOUND

Your doctor will make sure that your pregnancy is off to a good start & determine how far along you are.



## DO'S & DON'TS

Discussion about nutrition, healthy habits & things to avoid during pregnancy.



## BLOOD WORK

Determine your blood type, check for infections & other routine blood screenings.

## TIP

Many women have nausea & vomiting in early pregnancy. There are many at-home solutions like ginger, peppermint and herbal remedies you can try. If these don't work, call your doctor's office for additional tips to find relief.

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# your 12 WEEK OB APPOINTMENT



## 1ST EXTERNAL HEARTBEAT

At this visit, a doppler is placed on your abdomen so you can hear your baby's heartbeat.



## 1ST TRIMESTER SCREEN

If you would like, you are able to screen for Down's syndrome and other chromosomal abnormalities. This is done through a combination of blood & ultrasound.

## share the news

As you conclude your first trimester your rate of miscarriage declines, so you can now share the news with friends & family.

## TIP

Your nausea should be improving soon, and your energy too!



# your 16 WEEK JOB APPOINTMENT



## HEAR YOUR BABY'S HEARTBEAT

At this visit, a doppler is placed on your abdomen so you can hear your baby's heartbeat.

## TIP

If you have had a baby before, you may feel little flutters of movement as early as 16-18 weeks. First-time moms often will not feel movement until sometime after 20 weeks.



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# your 20 WEEK OB APPOINTMENT



## STRUCTURAL SURVEY

This ultrasound looks at the baby's development/growth for possible health problems.



## CHECK DEVELOPMENT

In the structural survey, your doctor will evaluate your baby's heart & brain development.



## SEX OF THE BABY

If you want to know your baby's gender, we can generally tell at this appointment, if the baby is in the right position.

Depending on your OB practice and individual pregnancy, your ultrasound may be performed by an ultrasound technologist, physician or maternal fetal medicine specialist.

# TIP

If you don't want to know the gender of your baby, make sure to let your provider know!



# your 24 WEEK OB APPOINTMENT



## UTERUS MEASUREMENT

Your doctor will measure your uterus with a measuring tape, from the pubic bone to the top of the uterus.



## WHAT IS AVERAGE?

You should measure about as many centimeters as you are weeks (24 weeks = 24 cm).

Your uterus will be measured at all appointments going forward.

## TIP

Your uterus measurement doesn't change your due date or tell if the baby will come early or late. It just helps check the baby's growth & estimate if the baby is going to be bigger or smaller than average.

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# your 28 WEEK OB APPOINTMENT



## CHECK FOR GESTATIONAL DIABETES

You will need to drink a sweet liquid. Your blood will be drawn after an hour to ensure your body is handling sugar normally.

Additional bloodwork will be ordered at this appointment.



## RHOGAM INJECTION

If you have a negative blood type, we will give you an injection to protect the baby if he/she has a positive blood type.



## TDAP VACCINE

Whooping cough can be life-threatening to babies, so you will be offered the TDAP vaccine (even if you've received it before), to protect your baby.

## TIP

It is normal to feel contractions at this point in pregnancy (they may feel like cramps or like tightening, like the baby is "balling up" inside). If you are having contractions every 10 minutes or more frequently for an hour or more, call your doctor's office.



# your 32 WEEK OB APPOINTMENT

## HOW TO DO A KICK COUNT

Some babies move more than others, but if you feel like your baby isn't moving as much as usual & you are concerned, do a kick count.

- 1 Eat or drink something
- 2 Lie on your side & note the time
- 3 Count your baby's movements (big or small)
- 4 You should feel at least 6 movements in an hour

If you don't feel 6 movements after an hour, call your doctor's office, you may need to come in to check on the baby.



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# your 36 WEEK JOB APPOINTMENT

## CHECK BABY'S POSITION

We will also check your cervix with a vaginal exam to see if the cervix is dilated and to make sure the baby is head-down.

## GROUP B STREP TEST

A vaginal swab will check for b strep bacteria. If found, you'll be given antibiotics in labor so the baby does not get it.

## TIP

Many women have some bleeding after the vaginal exam. If you have light vaginal bleeding or spotting the first couple of days after your exam, it's nothing to worry about.

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# your 37-40 WEEK OB APPOINTMENTS

## TIPS

### SELECT A PEDIATRICIAN

At this time, you should have selected a pediatrician and pre-registered at the hospital.

### DELIVERY QUESTIONS

If you have questions about pain medication in labor, circumcision, how to tell if you are in labor, or what to expect in labor, now is a good time to ask!

### CERVIX DILATION

We can't predict when your baby will come. How dilated your cervix is is NOT a predictor of when you will go into labor.

### PAST MY DUE DATE

It is common for women to pass their due date, but if you are pregnant more than a week after your due date, your doctor might recommend inducing your labor.

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# congratulations **ON YOUR BUNDLE OF JOY!**

As you welcome your little one into the world, it's very important to establish a relationship with a pediatrician you connect with. Your pediatrician will monitor your child's health & development as they grow.

## YOUR POST-PARTUM APPOINTMENT

Once you are home from the hospital, remember to schedule your post-partum visit with your obstetrician. The visit will consist of a well-being check along with checking the breasts, cervix, and uterus. If you had a C-section or stitches during your delivery, the site of the stitches will be checked. These visits usually take place 6 weeks after delivery.

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