

A pregnant woman wearing blue scrubs is shown from the side, holding a physical ultrasound image of a fetus. The image shows the fetus in a curled position. The background is dark and out of focus.

WHAT TO EXPECT at your pre-natal appointments

Every pregnancy is different.

You and your provider will work together to determine the care plan that's best for you and your growing baby.



At Every Appointment

YOUR DOCTOR WILL CHECK:



Weight



Blood Pressure



Urine Test *(performed at provider discretion)*



Baby's Heartbeat



Uterus Measurement *(after 20 weeks)*



Perinatal and Postpartum Depression Screening

First Trimester

1 - 12 WEEKS

Screenings

Your provider will discuss and explain genetic testing options for your baby.



Transvaginal Ultrasound

Your doctor will determine if your pregnancy is off to a good start and how far along you are.



Do's & Dont's

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



Blood Work

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



Optional Chromosomal Screening

Screening for Downs Syndrome and other chromosomal abnormalities using a combination of blood and ultrasound.



TIP

For nausea & vomiting in early pregnancy, try at-home solutions like herbal remedies, ginger and peppermint. If these don't work, call your doctor for additional tips to find relief.

Second Trimester

12-28 WEEKS

Screenings

12-19 WEEKS



Baby's Heartbeat

A doppler is placed on your abdomen so you can hear your baby's heartbeat.



Blood Work

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



MOVEMENT

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



ULTRASOUND

Depending on your OB practice or individual pregnancy, your ultrasound may be performed by an ultrasound technologist, physician or maternal fetal medicine specialist. Anatomy scans should be performed between 20 and 22 weeks.

MEASUREMENT

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

What is Average?

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

TIP

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

Screenings

20-28 WEEKS



Structural Survey

In the structural survey your provider will evaluate your baby's heart and brain development.



Check Development

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



Sex of the Baby

If you want to know your baby's gender, we can generally tell around 20 weeks if the baby is in the right position.



Uterus Measurement

Your provider will measure your uterus with a measuring tape, from the pubic bone to the top of the uterus. Your uterus will be measured at all future visits.

Third Trimester

28 WEEKS - DELIVERY

Screenings

WEEKS 28 - DELIVERY



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.



Rhogam Injection

If you have a negative blood type, you'll receive an injection to protect the baby if he/she has a positive blood type.



Tdap Vaccine

Whooping cough can be life-threatening to babies. To protect your baby you'll be ordered the TDAP vaccine (even if you've received it before).



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 a b strep bacteria. If found, you'll be given antibiotics in labor so the baby does not get it.

CONTRACTIONS

It's 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're having contractions every 10 minutes or more frequently for over an hour, call your doctor's office.

BABY'S MOVEMENTS

If you are concerned about your baby's movement, please contact your provider's office

CERVIX CHECK

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.



Third Trimester

28 WEEKS - DELIVERY

TIP

During your final weeks of pregnancy make sure you've packed a bag for the hospital and properly installed your baby's car seat in your vehicle.

PAST YOUR DUE DATE

Inducing Labor

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.

Screenings

WEEKS 37+



Select a Pediatrician

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



Cervix Dialation

We know you are excited to meet your new bundle of joy but unfortunately we cannot predict when your baby will come. How dilated your cervix is does *not* predict when you will go into labor.



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!



POST-PARTUM APPOINTMENT

This 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.

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 and development as they grow.

