



## **Schedule of Prenatal Visits**

### **4-8 Weeks**

- Ultrasound to help establish due date and confirm pregnancy
- Orientation to practice by Physician or Physician Assistant
- Prenatal Packet given
- Physical exam done with labs, pap smear, cervical cultures
- Early pregnancy labs possible
- Discuss obstetrical care, medical history, nutrition, fitness

### **12 Weeks**

- Ultrasound for Nuchal Translucency-1<sup>st</sup> trimester screening
- Discuss genetic and carrier screening (see consent form)
- Prenatal lab tests
- Office visit and review of previous labs

### **16 Weeks**

- Office visit with fetal heart tones with Doppler
- Additional genetic testing options
- Alpha fetal protein blood test
- Amniocentesis (optional for mothers over age 35 years old or abnormal genetic screen)

### **20 Weeks**

(Please arrive 10 minutes before your ultrasound appointment)

- Fetal Survey Ultrasound
- Office visit to review ultrasound

### **24 Weeks**

- Office visit with fetal heart tones with Doppler
- Pre-registration at hospital should be done
- Discuss cord blood banking options
- Rhogam order if indicated

## **28 Weeks**

- Third Trimester office visit with fetal heart tones with Doppler
- Gestational Diabetes screening/hemoglobin screen-results in office before you leave
- TDAP vaccine
- Obtain Rhogam if indicated
- Depression Screen

## **32 Weeks**

- Office visit with fetal heart tones with Doppler
- Sign VBAC consent form if indicated

## **34 Weeks**

- Office visit with fetal heart tones with Doppler

## **36 Weeks**

- Ultrasound for growth of fetus, fluid assessment and fetal position
- Group B Strep screen and labs for HIV/RPR
- Internal examination for dilation

## **37-39 Weeks**

- Office visit with fetal heart tones with Doppler
- Weekly appointments for internal examination for dilation

## **40+ Weeks**

- Biweekly office visit with internal exam
- Non-stress test and Ultrasound for Biophysical Profile for fetal monitoring of movement, breathing, tone, and fluid assessment

## **1-2 weeks PostPartum**

- Incision check if cesarean section
- Depression screen

## **4-6 Weeks PostPartum**

- Physical exam
- Birth control education on options
- Depression screen
- **\*If at anytime during your pregnancy it is determined an at-risk, monitoring with NST and Ultrasound may be added and change the frequency of your visits.**