

## **PRENATAL VISIT SCHEDULE**

Below you will find a guide on how often you will have prenatal visits and a basic outline of what you can expect during your visits and pregnancy. Keep in mind this schedule may be modified to meet your unique needs throughout the pregnancy.

### **AT EACH PRENATAL VISIT**

1. We monitor your urine, weight and blood pressure
2. We listen to the baby's heartbeat with an external fetal Doppler (after 12 weeks of pregnancy)
3. We want you to let us know about any concerning symptoms including cramping/contractions, bleeding, leaking of fluid, and decreased fetal movement

### **FIRST TRIMESTER (0 – 13 Weeks)**

- You will have 1-2 visits
- At your 1<sup>st</sup> visit, you'll have an ultrasound to confirm the pregnancy, a physical exam, and infection testing for gonorrhea/chlamydia with pap smear if needed
- We will discuss genetic screening test options
  - 1<sup>st</sup> trimester: nuchal translucency and/or cell free DNA testing and/or carrier screening
  - 2<sup>nd</sup> trimester: quad screen
- Around 12 – 13 weeks, you will have routine prenatal bloodwork to test for anemia, blood type, HIV, Hepatitis, Syphilis, Rubella immunity, and thyroid function. Genetic screening can also be done at that time.
- You will receive information about diet, exercise, and safe medications during pregnancy

### **SECOND TRIMESTER (13 – 28 Weeks)**

- You will have appointments every 4 weeks
- You will receive a referral to go to a radiology center for a detailed ultrasound to evaluate the baby's anatomy. If you desire, you may find out the gender of the baby during this ultrasound
- Between 26 – 28 weeks, you will have lab work to screen for gestational diabetes and anemia

### **THIRD TRIMESTER (28 – 40+ Weeks)**

- You will have appointments every 2-3 weeks until 35 weeks, then you will be seen weekly
- You will be asked to start considering (if you haven't already) pediatricians, cord blood banking options, an Inova Fairfax Hospital tour, pre-registering for the hospital online, childbirth/newborn care classes, epidural vs. unmedicated childbirth
- You will be recommended to have the Tdap vaccine
- AVOID TRAVEL AFTER 32 – 34 WEEKS
- You will be screened for a common bacteria called Group B Strep (GBS)
- You may be offered cervical exams at 35+ weeks
- If your pregnancy continues beyond your estimated due date (ie, 40 weeks), we will discuss inducing labor

***Remember: it is OK to work until the baby arrives unless you have been told otherwise***