

# Your Prenatal Visits

Because pregnancy is a time of great change for your body as well as the fetus, you will be visiting our office on a regular basis. During your regular visits, your weight, blood pressure and urine will be checked. Your abdomen is measured to check fetal growth and we will listen to your baby's heartbeat beginning around week 14. Visits will be as follows:

- Monthly office visits until 28 weeks
- Office visits twice a month from 29 weeks to 36 weeks
- Weekly office visits from 36 weeks to 40 weeks
- Postpartum follow-up visit 6 weeks after delivery



## Important visits that are scheduled during and after your pregnancy

- **First OB visit: Confirmation of Pregnancy Ultrasound & Routine Pregnancy Bloodwork**

During this visit, you will have a physical exam which may include a pap smear. There will also be a series of prenatal labs that will test your blood type and blood count for infections (syphilis, hepatitis B, HIV, and rubella). All of the results will be reviewed with you at your next appointment. You may decline the HIV testing, but it is recommended for all pregnant women to provide the best care for you and your baby.

An optional blood test to evaluate the risk of parents having a child with cystic fibrosis. This test can be performed any time during the pregnancy.

- **11-13 weeks: First Trimester Screen with optional Panorama and Horizon testing**

A fetal ultrasound (performed at Maternal Fetal Specialists or our office in John's Creek) and blood test to evaluate the baby's risk for Down Syndrome and chromosomal problems. There is more information about these tests on the following pages.

- **18-20 weeks: Second Trimester Screen & Anatomy Scan**

A test that uses sound waves to outline and photograph organs of the developing baby to determine if there are any abnormalities. This test also allows the physician to determine or confirm the due date. This scan is done with Maternal Fetal Specialist only. A blood test performed to detect brain, spinal cord defects, or other chromosomal problems such as Down Syndrome. This blood test is considered the second half of the first trimester screen and will be drawn in our office if the first part was drawn by us as well.

- **24-26 weeks: 1 hour GTT (1 hour Sugar Test)**

A blood test performed to detect if the pregnancy is causing diabetes. If you have a family history of diabetes or are in a category which places you at a higher risk, this test will be done at 19-20 weeks and then repeated at 28 weeks.

**Iron is rechecked along with this test**

- **28 Weeks: Rhogam Injection**

We will test your blood for the Rh factor at the beginning of your pregnancy. If your blood type is Rh negative, then you may be at risk for Rh disease, which affects about 10% of people. Rh disease is a pregnancy complication in which your immune system attacks the baby's blood and can result in a life threatening situation for the baby if left unknown. Fortunately, it can be prevented with a shot called Rhogam which is given at 28 weeks or anytime if vaginal bleeding occurs. If you are Rh negative, contact our office immediately if you develop bleeding or trauma to your belly.

- **35-37 weeks: GBS Culture**

A vaginal /rectal culture collected to detect Group B Strep which is an infection which requires administering antibiotics when you are in labor.

- **Post-Partum**

At this visit, we will check to make sure you are healing correctly from your delivery. Blood may be drawn and a vaginal exam will take place. How are you feeling physically? Emotionally? What types of contraception are you interested in using, if any? These are topics we will discuss at this visit.

*The average pregnant woman will have around 12 visits with the doctor. There are circumstances where there will be more ultrasounds, blood draws, vaginal exams, office visits, etc. Not every pregnancy is the same. We will make sure that you receive the best care we can provide. The above schedule is only an example of your visits while pregnant and any variations to this will be explained to you by the doctor or staff. As always, if you have any questions or concerns, please let us know.*