

Pregnancy Timetable

- Initial Visit:** You will meet one of our Physicians or Nurse-Midwives. Your medical history will be reviewed in detail and you'll have a complete head-to-toe physical. A pap smear will be done if it is due, and initial laboratory work will be performed. We will also perform an ultrasound here in the office. First-trimester screening bloodwork will be discussed, and you will leave understanding all of your options.
- 10-12 weeks:** Baby's heartbeat is heard! Laboratory results are given, and genetic testing is performed, if desired.
- 16 weeks:** Alpha-Fetoprotein bloodwork (a screen for neural tube defects) or a "Quad screen" is offered. These tests are optional, and will be discussed in detail with you by your Provider.
- 20 weeks:** A detailed anatomy ultrasound of your baby will be performed..This will be scheduled with our in-house technologist, Susie. An additional visit with your provider will be scheduled following you ultrasound.
- 20-24 weeks:** It's time to arrange for your pre-natal classes, and pre-register at the hospital for admission!
- 26-28 weeks:** Diabetes screening is performed. This is a blood test, which is drawn one hour after drinking 50 grams of glucola. We do ask that you remain IN our office for the duration of this test, and though we do not require prior fasting, please have a reasonable and healthy meal if you do choose to eat ahead of time. We also recommend you receive your Tetanus-Diphtheria- Pertussis (Tdap) vaccine at this time. If your blood-type is Rh-negative (A-, O-, AB-, B-), we will also be giving you your Rhogam injection. This is a busy visit!
- 30 weeks:** Following this visit, you will schedule to see your provider every 2 weeks, instead of 4.
- 36 weeks:** You're almost there! Now we get to see you EVERY week until delivery. We will also screen you for Group-B Step bacteria, which is easily treated with antibiotics if results are positive.
- 37-42 weeks:** It's time to meet Baby! Cervical exams to check for dilation usually begin at 38 weeks. At 41 weeks, if you are still undelivered, we like to keep a close eye on Baby with additional ultrasounds, and possible Non-Stress testing. Induction is usually recommended at 41-42 weeks, depending on your personal history and cervical exam. This will be discussed in detail with your provider.