

# PRENATAL CARE VISIT SCHEDULE

*Health* notes




## **Congratulations! You're going to have a baby!**


We welcome you as you begin your prenatal care. Partner with us! Make a plan with your OB physician that best meets your needs and your baby's needs. Your plan will include periodic visits with an obstetrician and nurse practitioner or nurse midwife, healthy eating and exercise, and special things you can do to have a healthy baby and comfortable pregnancy.

At each visit, your OB physician will answer your questions, examine you, provide for all necessary tests, and talk with you about how you can stay healthy during your pregnancy. The following chart is a general schedule of prenatal visits. Please note: These are guidelines only. Your individual needs may differ. Talk with your OB physician about your personal plan of care.

Gestational age	Visit	Activities and screenings
<b>First trimester</b>	<b>(To 12 weeks)</b>	<b>Visits every 4-6 weeks</b>
6-8 weeks	Before your first visit	Your OB Physician will do a transvaginal sonogram to confirm your pregnancy and provide an estimated due date for your baby.
8-12 weeks	Before your first visit or at Prenatal 1 Class	<p>We do lab work, including tests and/or screenings for:</p> <ul style="list-style-type: none"> <li>• complete blood count, blood type, and urine,</li> <li>• genetic diseases such as sickle cell and cystic fibrosis, if at risk,</li> <li>• Hepatitis B, rubella, sexually transmitted infections, if not already done, and</li> <li>• HIV, with your consent.</li> </ul> <p>If you have not done so already, we ask you to get your prenatal vitamins at the pharmacy.</p> <p>Share with us your medical history, including:</p> <ul style="list-style-type: none"> <li>• all medications, past surgeries, and major illnesses,</li> <li>• major infectious diseases,</li> <li>• past pregnancies (were there any problems), and</li> <li>• work status.</li> </ul> <p>Tell us if you, or someone in your family, has or has had:</p> <ul style="list-style-type: none"> <li>• any blood disorders, like Rh disease,</li> <li>• diabetes (high blood sugar) or high blood pressure,</li> <li>• any genetic disorders, like Tay-Sachs or sickle cell anemia,</li> <li>• mental retardation, or</li> <li>• multiple pregnancy (twins, triplets, or more).</li> </ul>



Gestational age	Visit	Activities and screenings
8-12 weeks	<p>At your first visit, and/or at Prenatal 1 Class</p> <p>Did you say that you had questions?</p> <p>Go ahead, ask!</p> <p>We're here to help!</p>	<p>We talk about self-care and provide support for:</p> <ul style="list-style-type: none"> <li>• lifestyle changes such as regular exercise, healthy eating, keeping safe, and stopping use of cigarettes, alcohol and harmful drugs,</li> <li>• the possibility of having a vaginal birth after a cesarean section,</li> <li>• any referrals, such as for genetic screening,</li> <li>• follow up appointments with your OB physician, nurse practitioner, or nurse midwife, and</li> <li>• when, where and whom to call should you have questions or problems.</li> </ul>
8-12 weeks	<p>At your first visit</p> <p>Partner with us to help you have a healthy baby!</p> <p>Bring all of your questions and comments to share with us!</p>	<p>Your OB physician, nurse practitioner, or nurse midwife:</p> <ul style="list-style-type: none"> <li>• gives you a complete physical examination and performs additional tests: Pap smear, cervical cultures, TB screen,</li> <li>• checks your blood pressure, breathing, pulse, height and weight, including weight before pregnancy, and</li> <li>• orders a lab test to check your blood glucose if you have a strong family history of diabetes, weighed more than 200 lbs. before this pregnancy, had diabetes or a very large baby in a prior pregnancy, are over age 35, or have had a previous stillbirth. We do a one-hour glucose tolerance test. We ask you to drink a very sweet drink, and take your blood one hour later.</li> </ul> <p>Your OB physician, nurse practitioner or nurse midwife:</p> <ul style="list-style-type: none"> <li>• asks you questions to see if you may be at risk for problems with your pregnancy, including postpartum depression and intimate partner violence, and</li> <li>• discusses your lab results, genetic screening, and answers your questions.</li> <li>• offers you early prenatal testing and nuchal translucency measurement</li> </ul>
<b>Second trimester*</b>	<b>(13-27 Weeks)</b>	<b>Visits every 4-6 weeks</b>
<p>13-27 weeks</p> 	During each visit	<p>Your OB physician, nurse practitioner, or nurse midwife:</p> <ul style="list-style-type: none"> <li>• checks your weight, blood pressure, and urine (for protein and sugar),</li> <li>• checks to see how your baby is growing and listens to the heartbeat,</li> <li>• asks how you are doing between visits, including baby's movement and any contractions, and</li> <li>• answers your questions.</li> </ul>

Gestational age	Visit	Activities and screenings
15-20 weeks	During a visit	<ul style="list-style-type: none"> <li>If first trimester screening was not performed, you will be offered a screen for possible problems or birth defects your baby may have using a blood test (AFP or Quad screen). If needed, we refer you to a genetic counselor.</li> </ul>
18-20 weeks	During a visit	<ul style="list-style-type: none"> <li>We order a sonogram to check the baby's anatomy and the placenta (afterbirth). This is done in a Radiology department.</li> </ul>
24-28 weeks	During a visit	<p>Your OB physician, nurse practitioner, or nurse midwife will:</p> <ul style="list-style-type: none"> <li>order a 1-hour glucose tolerance test to check your blood for possible risk of diabetes in pregnancy. We ask you to drink a very sweet drink, and take your blood one hour later. This is done in the laboratory.</li> </ul>
<b>Third trimester*</b>	<b>(28-35 weeks) (36+ weeks)</b>	<b>Visits every 2-3 weeks Visit every week</b>
28-40+ weeks 	During each visit	<p>Your OB physician, nurse practitioner, or nurse midwife:</p> <ul style="list-style-type: none"> <li>checks your weight, blood pressure, and urine (for protein and sugar),</li> <li>checks to see how your baby is growing and listens to the heartbeat,</li> <li>asks how you are doing between visits, including baby's movements and any contractions,</li> <li>may perform pelvic exams occasionally to check your cervix for dilation (opening) and effacement (thinning), and</li> <li>answers your questions.</li> </ul>
28 weeks	During a visit	<ul style="list-style-type: none"> <li>If you are Rh negative and your partner is Rh positive, we screen for Rh antibodies in your blood. If needed, we give you a Rhogam injection to protect the baby.</li> </ul>
28+ weeks	During Prenatal 2 Class	<p>We talk with you about:</p> <ul style="list-style-type: none"> <li>your baby's growth and activity and what to expect,</li> <li>how to recognize pre-term labor and what to do about it,</li> <li>how to recognize labor and what to do about it, and</li> <li>what the birthing experience may be like.</li> </ul> <p>You can:</p> <ul style="list-style-type: none"> <li>learn how to manage discomforts of late pregnancy,</li> <li>learn how to time contractions,</li> <li>learn the stages of labor and what to do in each stage,</li> <li>receive an information packet, and</li> <li>watch and discuss a birth video</li> </ul>

Gestational age	Visit	Activities and screenings
28-37 weeks	During a visit	<ul style="list-style-type: none"> <li>• We do a second screen for sexually transmitted infections and a Group B Strep test for infection. If you are at risk, these tests may be done earlier.</li> </ul>
32+ weeks	During Prenatal 3 Class	<p>You can:</p> <ul style="list-style-type: none"> <li>• learn how to bathe, diaper, and soothe your baby</li> <li>• learn the basics of breastfeeding and bottlefeeding</li> <li>• learn how to keep your baby safe</li> <li>• watch an informative video on baby care</li> <li>• receive a packet about how to care for yourself and your new baby</li> </ul>
	During Prenatal 4 Class	<p>You can:</p> <ul style="list-style-type: none"> <li>• learn why breast milk is what your baby needs</li> <li>• learn how to correctly latch your baby to your breast</li> <li>• learn how to tell if your baby is getting enough milk</li> <li>• practice, with dolls, various breastfeeding holds</li> </ul>

Your OB physician will want to see you about 5 weeks after you have your baby to talk about your health.

*\*Note: In the fall and early winter, an influenza vaccine (flu shot) is recommended for all women who will be pregnant during the flu season.*

### For more information

#### Visit [kp.org/pregnancy](http://kp.org/pregnancy)

Read about all aspects of pregnancy in the Health encyclopedia.

#### Visit [kp.org/healthyliving/mas](http://kp.org/healthyliving/mas)

Find tools and resources to help you live well.

### Call Kaiser Permanente Medical Advice

Talk to your medical advice nurse 24 hours a day, 7 days a week by calling (703) 359-7878 or 1-800-777-7904. TTY: (703) 359-7616 or 1-800-700-4901.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your personal physician or member of your health care team.