



## Obstetrical Calendar

### Initial Visit

- Determine your due date
- Discuss prenatal vitamins
- Order your prenatal panel – We utilize *Quest Diagnostics* for our labs. You will be given a requisition and a list of all the locations. You must have this bloodwork drawn prior to your return visit in two weeks.
- Physical exam
- Pap smear if your yearly screening is due

### 2 weeks after: Follow-up OB Visit

- Your physician will review the results of your bloodwork
- We will ask a comprehensive pregnancy and family history. It would be wise to gather information regarding your family history from a reliable member if you don't know.

Early pregnancy through 30 weeks: Visits will be approximately every 4 weeks

From 30-36 weeks: Visits will be every 2 weeks

36 weeks until delivery: Visits will be weekly

### Post-Partum Visit: Four weeks following delivery

- For a vaginal delivery you will generally return for a check up approximately four weeks following your delivery
- C-section patients will be required to come for staple removal or an incision check one week following delivery. You will also return 4 weeks later for your check up
- We will discuss contraceptive options at this visit

## Milestones and Testing

- We generally can not hear the fetal heartbeat until after 10-12 weeks
- Some patients will receive a first trimester ultrasound to confirm viability or dates but this is an individual basis and will be decided by you and your doctor
- Let us know which hospital you plan to utilize so that we may provide you with the appropriate registration forms
  - Cervical exams begin around 35-36 weeks for most women

Quad Screen 16 to 20 weeks

The quad screen is an optional blood test done on mom between 16 and 20 weeks. This blood test is a screening test used to determine your baby's risk of having Trisomy 21 (Downs Syndrome), neural tube defects (when the spine does not close properly), and one other genetic disorder called Trisomy 18. If this test returns abnormal it does not necessarily mean your baby has that disorder – more definitive testing such as an amniocentesis would possibly be recommended to determine if there truly is a problem.

Diagnostic Ultrasound Typically around 20 weeks

This is typically known as your “big” ultrasound. We will confirm your dating and very carefully look at the structure and size of the baby. Your doctor will review the results of your ultrasound with you at your visit. The ultrasounds are done only at our St. Anthony's location so you will plan at least one visit at that office. At this time ultrasounds are done on Tuesday afternoons and Thursday mornings.

3-D Ultrasound

Modern technology has allowed enormous developments in the area of ultrasound. Our office is able to provide you with a 3D ultrasound at your request. This is however not a substitute for your routine ultrasound done at 20 weeks. This ultrasound does not check for anatomical abnormalities of the baby and is not generally covered by insurance. There are multiple 3D packages available for you to chose from – check out the ultrasound portion of our site.

Glucose Test Typically around 26-28 weeks

Everyone is screened for gestational diabetes in pregnancy. You will be given a requisition to go back to *Quest Diagnostics* for your test. You will be given a bottle of sweet liquid to drink and your blood will be tested one hour later. You typically can not leave during that hour so bring something to do! If your test is abnormal you will be required to return for a three-hour test.

Rhogam Typically around 28 weeks

If your blood type is Rh negative you will be give a prescription for Rhogam to have filled and bring to the office with you at your 28-week visit. This will help protect the baby if his/her blood type happens to be Rh positive. The baby's blood will be drawn from the umbilical cord at delivery to determine his/her blood type. If he/she is negative like you, you will not receive any more Rhogam. If the baby is positive you will receive another dose prior to your discharge.

Group B Strep Typically around 35-36 weeks

This is a simple cotton swab culture at the edge of the vagina. Group B Strep is a normal bacteria for up to one third of women. It is not an infection for you but if exposed the baby could suffer from a severe bacterial infection. If your Group B Strep is positive you will be given antibiotics at the time of labor.