



Prenatal care schedule

Your initial OB visit will include the following:

- History and physical exam including Pap smear, routine STD check, and pelvic exam
- Ultrasound, if needed for dating
- Lab work, urine culture, and urine drug screen
- Recommendations for prenatal vitamins; if vitamins cause nausea, try taking it at night or with food. A prescription can be provided if needed.

The following OB visits will be scheduled at 4 week intervals through 28 weeks. These OB visits will include the following:

- Weight and blood pressure check
- Urine dip for Protein and Glucose
- Fetal heart tones
- Measuring Fundal Height (uterus) after 20 weeks
- Discuss progression of your pregnancy
- Ultrasound at approximately 18-20 weeks
- Between 24 and 28 weeks, in addition to your normal checkup, a one hour sugar test will be done for gestational diabetes and a repeat evaluation for anemia will be performed.
- Rhogam injection at 28 weeks if indicated based on Rh(-) blood type.

After 28 weeks you will be seen every 2 weeks until 36 weeks:

- At 32 weeks an ultrasound will be done to assess fetal growth and estimate birth weight.
- At week 32 you will receive a "Kick Count" instruction form. This is a way to monitor your baby's movement at home and to provide reassurance of fetal well-being.

At week 36 your visits will be weekly

- Cervical exam to monitor progress or changes to your cervix, such as thickness and dilation.
- Rectovaginal swab for the screening of Group B Strep.
- Visits continue weekly until delivery.

If questions arise between visits, please write them down and bring the list with you so we may be able to answer any questions you have.

General Precautions

If you experience the following symptoms, contact our office immediately or present to Early Labor

Evaluation at the Family Birth Center if it is after hours:

- Gush of water
- Significant vaginal bleeding
- Regular contractions (tightening of your entire womb) occurring every 5 minutes at 37 weeks or greater OR if you are less than 37 weeks and experience more than 4-5 contractions in an hour.
- Decreased fetal movement. If your baby does not meet the "Kick Count" guidelines or you just don't feel your baby's movements like normal.
- Headaches that do not respond to Tylenol or rest
- Rapid swelling/weight gain
- Visual disturbances/seeing blind spots

Call our office (337) 480-5530 during office hours. After office hours, go to Early Labor Evaluation.