

## What to Expect when you are Expecting...

### First Visit:

An appointment will be scheduled to confirm your pregnancy. A provider will• review your Medical/Obstetrical history, answer any questions, and get you started on a prenatal vitamin.

You will have blood drawn for prenatal testing, including cystic fibrosis testing if you desire.

### Subsequent Visits:

After your initial visit, you will be scheduled for an ultrasound to confirm your due date. If you would like to record your ultrasound, there are DVDs available for sale in each ultrasound room. Each room takes a different DVD (DVD+RW or DVD-R) There is no guarantee which room you will be in.

You will meet with a nurse to review nutrition, medical/obstetrical history, family history, and options for labor and delivery. You may receive counseling on smoking cessation, environmental exposure risks and exercise.

You will have a complete physical examination by a provider, including a pap smear.

### Schedule of Appointments:

You will have appointments scheduled every 4 weeks until you are about 26-28 weeks.

Starting at 26-28 weeks, appointments are scheduled every 2 weeks until 35-36 weeks.

From 36 weeks, you will have a weekly appointment.

This schedule may change if there are problems that arise in your pregnancy. For example, patients that have pregnancies complicated by diabetes, high blood pressure, advanced maternal age, or fetal growth concerns may have appointments twice per week.

### Schedule of Testing:

From 15-20 weeks, the Quad Screen or AFP4 test is offered. This is an optional test that is used to screen for birth defects, using blood drawn from the arm of the mother.

During the 18-20 week time, an anatomy ultrasound will be performed to assess the growth and organ development of the baby. Be sure to bring your DVD! You may also try to find out the sex of the baby if you desire.

Between 24 and 28 weeks, you will be scheduled for the GTT, or diabetes screening test. This is scheduled in the morning, and you can have NOTHING to eat or drink after midnight prior to the test. The total time for the test is one hour.

At the GTT appointment, you will receive one complimentary 4D ultrasound. The quality of this view is very dependent on the position of the baby.

At 34-36 weeks, when you are reaching the final stretch, you get GBS (Group B Strep) screening. This is a simple vaginal culture that is used to test for the presence of a common bacteria that may warrant treatment when in labor. Also, you may have an ultrasound to get an estimated fetal weight and position assessment.

Your safety and comfort during this pregnancy are our highest priority. We thank you for entrusting us with your care and the well-being of your baby.