



PRENATAL VISITS

First Visit: Your Doctor will perform a complete history and exam, it is important to share all prior medical information at this time so we can provide the best care possible for you and your baby. Depending how far along you are you may also have your *first ultrasound and labs* done at this visit

Following Visits: The frequency of your following visits will be determined by your doctor depending on how complicated your pregnancy is. Often completely normal healthy patients will be seen every 4 weeks until the 36th weeks of pregnancy after which you will be seen weekly. More complicated pregnancies will be seen more frequently.

LABS

First visit: Every pregnant patient will need a complete blood count (CBC), rubella titer, RPR, hepatitis screen, sickle cell screen, blood type and screen, urinalysis, HIV screen and a urine drug screen.

Additional labs: depending on your health and history may include thyroid, complete chemistry, and A1C (to screen for diabetes).

Circulating cell-free fetal DNA : The brand name for this test at our clinic is Panorama. This is a blood test that assists in assessing the risk for several conditions such as Down syndrome and Trisomy 18. If you wish this test can also reveal the sex (gender) of the baby. This test is drawn after 10 weeks of pregnancy

AFP: This blood test is drawn between 16 and 20 weeks of pregnancy and helps to rule out complications such as spina bifida

Diabetic Screen: Pregnancy can cause a condition called Gestational Diabetes. Patients will be screened the 24th and 28th week of pregnancy. Your doctor may recommend that you fast for this test. You will be given a sugary drink (glucose solution) and then your sugars will be checked after 1 hour. If your sugar is too high we will likely recommend further tests.

Group B Strep: Between 34-36 weeks of pregnancy a vaginal swab will be collected to test for this bacteria. *It is not an infection and is completely normal in 40% of patients.* But for babies it can become an issue in vaginal deliveries, so if you are positive you will be given antibiotics during labor.



ULTRASOUND

Dating: Ultrasound may be used to confirm your due date, these are typically done here in clinic

Anatomy and Placenta: This is a more complex US done between 18-20 weeks that looks at baby's organs and growth. Depending on your pregnancy this may be done here in clinic or at the hospital

BPP and NST: Sometimes in pregnancy we have to perform extra monitoring, this may include a BPP and NST at the hospital. The BPP is an ultrasound that assesses baby's movements. The NST is a test that monitors baby's heart rate.

VACCINES

Influenza (flu): The influenza vaccine is safe and recommended in pregnancy. Pregnant patients are at higher risk for complications if they catch the flu such as hospitalization, pneumonia, and possible complications for baby. We recommend the influenza vaccine for all pregnant women during flu season.

TDAP (whooping cough): Whooping cough used to kill thousands of children every year before the vaccine was available. It is strongly advised that every woman receive a TDAP vaccination during the third trimester of each pregnancy. Receiving the vaccination while you are pregnant will help protect your baby.