

Things to Remember during your pregnancy

Welcome to the Wonderful World of Pregnancy! Pregnancy is generally 40 weeks or about 10 months. Your doctor may refer to your pregnancy in three trimesters. Your “due date” is calculated from the first day of your last menstrual period. When making plans for your “due date” remember that a full-term pregnancy may vary by several weeks.

What changes can you expect?

You will go through some amazing changes during pregnancy. Your body, emotions, and relationships will all do some growing. These changes are common, and some may be a challenge.

Every woman feels these changes in her own way. In the beginning of your pregnancy, you may feel so tired that you can barely keep your head up. But at other times, you may have trouble sleeping.

Many women feel nauseated in the morning (morning sickness) or at other times of day in the early part of pregnancy. But some women never have this problem. Your breasts will get larger and may feel tender. Throughout your pregnancy, you may get heartburn or crave certain foods, and you may have aches and pains. You also may enjoy the flutters of your baby moving and kicking.

Your emotions may move around too. Even women who are happy about their pregnancy may worry a lot about their babies. They may even feel some sadness at the coming changes in their lifestyles.

Your relationship with your partner and current children may also change. Talk with your partner and with your doctor if you have concerns about how you're feeling.

Your first prenatal exam gives your doctor important information for planning your care. At all your other prenatal visits you'll be weighed, have your belly measured, and have your blood pressure and urine checked. It is important that you do not miss any of your appointments. Although these quick office visits may seem simple and routine, your doctor is watching for signs of possible problems.

Prenatal Visit Schedule

- 0-32 weeks of pregnancy-every four weeks
- 32-36 weeks-every 2 weeks
- 36 weeks until delivery-weekly

Dates to Remember

- Initial visit: Review medical history, perform physical examination, Pap smear, obtain urine and blood tests (including blood type, complete blood count, tests for infection.)
- 11-13.5 weeks: *Optional* first trimester Tests.
 - First Trimester test also referred to as Nuchal Translucency Screening for Down's syndrome this is a combination of an ultrasound and blood test.

- Other *Optional* Counsyl Genetic Testing including Cystic Fibrosis screening- blood test to determine if you are a carrier of cystic fibrosis (a heritable severe chronic disease.)
- 16-18 week visit: *optional* Quad Screen blood test (screening for neural tube defects and Down's syndrome).
- If you are going to take prenatal classes, this is a good time to sign up for them.
- 20 week visit: Detailed ultrasound
- 28 week visit: Blood test for Gestational Diabetes and for anemia. If you are Rh negative, you will need a Rhogam injection.
- 28-32 weeks: Pre-register for hospital, select a pediatrician and take *optional* prenatal classes.
- 36 weeks: Group B Strep vaginal culture.

Many insurance plans do not cover genetic testing