

Obstetrical Calendar: Weeks Gestation: Discussion & Testing

First Visit - Visit with nurse

- Pre-natal blood work drawn
- Obtain medical history from mother and father
- Pregnancy education
- Discuss testing options: 1st Trimester Screen (provides a more accurate assessment of a woman's risk for carrying a baby with Down syndrome, than age alone) and AFP (Alpha-fetoprotein - screens for Down syndrome, Trisomy 18 and neural tube defects).
- Full pelvic exam includes Pap smear and cultures. Please note, there is a possibility of spotting after the exam.
- Schedule ultrasound if indicated

Second Visit - Visit with MD or CNM

- Review results of Pre-natal blood work
- Discuss 1st Trimester Screen if you wish to pursue
- Discuss Dating Ultrasound if done
- Discuss indication or need for extra testing if High Risk or 35 and older
- At each visit
 - Check Blood pressure (BP)
 - Check Urine
 - Check Weight

12 weeks

- Discuss results of any prior testing with provider.
- Check Fetal heart beat at each visit
- Check weight, BP, and urine

16 weeks

- Discuss results of 1st Trimester Screen
- Listen to fetal heart beat and check uterine size

18-20 weeks

- Detailed Anatomic Screening Ultrasound: during this Ultrasound, we take a detailed look at the anatomy of the baby.

20 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Review results of 19-20 week ultrasound if done

24 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Discuss 1-hour Glucose Test to be done to check for Gestational Diabetes
- Register at the hospital and for childbirth classes if desired

28 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Review results of 1-hour Glucose Test and blood work to check anemia.
- Antibody screen to be checked only if Rh negative
- Discuss Rhogam injection Only if Rh negative

30 weeks - Starting every 2 weeks visits

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size

32 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size

34 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Address any additional questions or concerns you may have regarding labor and delivery.

36 weeks - Starting Weekly Visits

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- We will obtain a Cervical Culture to check for Group B-Strep.
 - Please note, there is a possibility of spotting after the exam
- Repeat Chlamydia culture if indicated
- Repeat RPR and HIV if indicated

37 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size

38 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Discuss GBS culture results
- Cervical Exam

39 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- Cervical Exam if indicated
- Provider may discuss and schedule induction.

40 weeks

- Check weight, BP, and urine
- Listen to fetal heart beat and check uterine size
- You may have a non stress test (NST) and/or ultrasound to check the status of your baby
- Provider may discuss and schedule induction.
- Cervical Exam