



## What to Expect at Your Appointments

Pregnancy includes in a lot of doctor's appointments, probably more than you've ever had before in a nine-month period. Here is a brief description of what to expect at your upcoming visits. Things may change depending on how your pregnancy progresses.

At every visit, we will need a urine sample to check your kidney function, we will check your blood pressure, weight, and verify fetal heart activity (usually by Doppler). We also review your symptoms and weight gain at every visit.

### 1. Initial Visit (7-9 weeks)

- Establish your due date, by last menstrual period and early ultrasound
- Review your medical and family history and any medications you take
- Review any questions on the information provided to you on pregnancy guidelines
- Order your first set of prenatal labs

### 2. At 10-14 weeks

- Physical exam, pelvic exam if you are due for a Pap test
- Order non-invasive prenatal testing (NIPT) and genetic carrier screening

### 3. At 14-20 weeks

- Order second trimester genetic screening (blood test & ultrasound)

### 4. From 20-30 weeks (seen every four weeks)

- Start reviewing checklist for parenthood planning
- Start measuring your uterus size
- Order screening test for gestational diabetes and a blood count (24-26 weeks)
- RhoGAM shot for women who are RH negative blood type (28 weeks)
- Tdap vaccine (28-36 weeks)

### 5. From 30-36 weeks (seen every two week)

- Continue to monitor uterus size and fetal growth
- Vaginal test for Group B Strep (36 weeks)

### 6. 37 weeks onwards (seen weekly)

- Examination of your cervix
- Discussion of labor and when to come to the hospital
- Option to have membrane stripping done

### 7. 39 weeks

- Option to schedule an elective induction of labor at or after 39 weeks
- Option to have outpatient Foley bulb placement for cervical ripening

### 8. After 40 weeks

- Ultrasounds for adequate amniotic fluid around your baby
- Fetal non-stress tests
- Discussion of a date for induction of labor (if you pass 41 weeks)



# El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery