



# El Camino Women's Medical Group

Obstetrics, Gynecology, Infertility & Minimally Invasive Surgery

## What to Expect at Your Appointments

Pregnancy includes in a lot of doctor's appointments. Here is what to expect at your upcoming visits. Things may change depending on how your pregnancy progresses.

At **every visit**, we will request a urine sample and review your weight, blood pressure, and verify fetal heartbeat (by Doppler). We also review your symptoms, questions, and work through a parenthood planning checklist.

### 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 anatomy 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, blood count, and syphilis (24-26 wks)
- RhoGAM shot for women who are RH negative blood type (28 wks)
- Tdap vaccine (28-36 wks)

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

- Continue to monitor uterus size and fetal growth
- Order for growth ultrasound (32 wks)
- Vaginal test for Group B Strep (36 wks)

### 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

### 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
- Schedule inductions at appropriate time