



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 as your pregnancy progresses.

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

1. Initial Visit (7-9 weeks)

- Establish your due date by the 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
- Consider a 12–14-week early anatomy ultrasound

3. At 14-20 weeks

- Order second-trimester anatomy ultrasound

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

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

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

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

6. 37 weeks onwards (seen weekly)

- Optional examination of your cervix for dilation
- 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 the appropriate time