



EXPECTED PREGNANCY APPOINTMENT TIMELINE

General timeline of prenatal appointments that you can expect during your care with us. Keep in mind, all pregnancies are different and additional visits may be necessary. Prenatal visits will be monthly until your 7th month (28-30 weeks), at which time they will be every 2 weeks until 36 weeks, then weekly until delivery (special circumstances excluded).

****If you anticipate having a pelvic examination, ultrasound, or lengthy appointment, we suggest you find alternative care for your children.***

11-13 weeks [IOB]

Initial OB visit. This visit will be similar to an annual gynecology exam and may include a pap if due. **Optional 13 weeks Nuchal Translucency Ultrasound:** If you opt for this ultrasound, the Nuchal fold (back of baby's neck) will be measured as a screening tool for possible genetic conditions.

16 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth. You may have blood work at this visit.

20 weeks [Prenatal Visit & Anatomy Scan]

{Two separate appointments}

Anatomy Scan Ultrasound: Detailed ultrasound of the baby's body development. Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth.

24 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth. Glucose Tolerance Test (GTT) will be ordered at this visit- be sure to complete before 26-28 weeks.

26-28 weeks [Prenatal Visit & Glucose Test]

Along with a PN visit, you will be doing the glucose tolerance test, and blood count for anemia. **Glucose Tolerance Test (GTT)** is an hour-long test. **REMINDER:** Please finish drink in **5 minutes** and remember the exact time you finished so we can take note of it. Nothing to eat or drink in that hour. Tdap vaccine will also be administered at this visit.

30 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

32 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

34 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

36 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth. **Group B Strep** culture will be obtained at this appointment. A 36-week ultrasound may or may not be ordered depending on the provider's recommendation.

37 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

38 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

39 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth

40 weeks [Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth. Possible discussion for plan of induction of labor

40+ weeks [Post Dates Prenatal Visit]

Check in with pregnancy symptoms, listen to baby's heartbeat, and measure uterine growth. The risk for placental fatigue increases, and an ultrasound will be done. Discussion of increased monitoring (i.e. non stress tests), and induction of labor plan for delivery