



## AN OUTLINE OF YOUR OB VISITS

**Week 7-10** (about 2 months pregnant): OB intake with a nurse. At this visit the nurses will go over your “baby bag”, introduce you to the practice, and order your OB labs. These labs will test your blood type, make sure you’re not anemic, see if you are immune to chickenpox and German measles, and test you for Hepatitis B and C, as well as syphilis. HIV and Cystic Fibrosis testing are also offered, but are optional. They will also test a urine sample to make sure you do not have a urinary tract infection. An ultrasound may be ordered if you are unsure of when your last period was, so that we can determine a due date.

**Week 10-14** (about 3 months pregnant): OB physical. This will be scheduled with either one of the doctors, an NP, or the midwife. At this visit we will review how our practice works, how often you will have visits, and any important medical history you may have. You will also have a physical and if indicated, a PAP smear. We will also test for Gonorrhea and Chlamydia. During this visit we can usually hear the baby’s heartbeat with a Doppler. Your next few visits will be every 4 weeks.

**Week 15-20** (about 4 months pregnant): Routine OB visit. All of the following visits include a weight, blood pressure, and testing a urine sample. At this visit we will measure how big your uterus is and listen to the baby’s heartbeat, which will also be done at all of your visits from now on. We may review your labs from your OB physical. We will also order your routine ultrasound for 18-20 weeks, and genetic testing will be discussed if you would like to have that done. This blood test on you is optional and screens for Down Syndrome, Trisomy 18, and neural tube defects (like Spina Bifida).

**Week 20-24** (about 4-5 months pregnant): Routine OB visit. We will review any lab results from previous visits and your ultrasound if needed.

**Week 24-28** (about 6 months pregnant): Routine OB visit. We will order bloodwork to see if you have developed anemia (common in pregnancy) and to test for gestational diabetes. These tests should be done before 29 weeks of pregnancy for the most accurate results.

**Week 28-30** (about 6-7 months pregnant): Routine OB visit. We will review your lab results from the previous visit. This is a good time to start keeping track of how often you feel your baby move. Always feel free to ask questions! Your next few visits will be every 2 weeks instead of every 4 weeks.

**Week 30-32, 32-34** (about 7-8 months pregnant): Routine OB visits. These are good visits to talk about what you are expecting, hoping for, and planning in labor and after you give birth.

**Week 35-36** (about 8 months pregnant): Routine OB visit. We will do testing for Group B strep (a quick vaginal swab) to determine if you will need antibiotics in labor. We will also order a Biophysical Profile (another ultrasound that includes a non-stress test on L&D afterwards to look at your baby’s heartbeat pattern) to be done if you go over your due date. The rest of your visits will be every week until you go into labor.

**Week 37, 38, 39, 40, 41** (about 9 months pregnant): Routine OB visits. We will talk about labor signs and when to call us, and have you keep track of your baby’s movement. These are also good visits to again talk about what you expect in labor, and any questions, concerns or fears you may have!