

## Pregnancy Care Guidelines

### Before you get pregnant:

- Take good care of yourself. Eat healthy foods and get plenty of exercise.
- Get a physical exam. Ask your doctor any questions you have.
- If you smoke, drink alcohol or use drugs, STOP! Get help if you need to.
- Ask your doctor about taking folic acid. It may help to prevent some birth defects.
- If you have diabetes, talk to your doctor about the risks of getting pregnant.
- Get prenatal care RIGHT AWAY. Get care as soon as you learn that you are pregnant!

### During your first pregnancy visit your doctor will:

- Take a complete medical history
- Do a urine and blood test to make sure you are healthy
- Do tests to make sure you do not have any sexually transmitted diseases (STD's)
- Complete a physical and pelvic exam
- Review any medications and vitamins you are taking
- Discuss how to take care of yourself while you are pregnant
- Determine your expected delivery date

### During pregnancy follow up visits

Your doctor will schedule your visits to meet your needs. Plan to see your doctor for all scheduled visits and call the office if you cannot keep an appointment. As you get closer to your delivery date, the visits will be more frequent. The recommended schedule of visits is:

First visit	Call your doctor to schedule your first prenatal visit AS SOON AS YOU FIND OUT YOU ARE PREGNANT!
6 to 28 weeks	Monthly
28 to 36 weeks	Every two weeks
36 to 40 weeks	Every week
Over 40 weeks	At least weekly

**Note: Visits may be more often if your doctor thinks they are needed, or if you are high risk.**

Screenings and testing during your visits			
	First Trimester (1 to 12 weeks)	Second Trimester (13 to 28 weeks)	Third Trimester (28+ weeks)
Blood Pressure	✓	✓	✓
Ultrasound Exam	✓		
Urine Test		12 to 16 weeks	
Birth Defect Tests			
Amniocentesis		15 to 18 weeks	
Chorionic Villus Sampling (CVS)	✓		
Maternal Serum Multiple Marker (Neural Tube Defects)		16 to 18 weeks	
Blood Tests			
Anemia	First visit		
Diabetes Screening		✓	
Hepatitis B	First visit		
HIV	First visit		

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Rh (D) Incompatibility	First visit		
Rubella Screening	First visit		
Syphilis Screening	First visit		
<b>Cervical Tests</b>			
Chlamydia Screening	✓		
Gonorrhea Screening	✓		
Group B Streptococcus (GBS)			✓

**Note: Tests and screenings may be done more than once if your doctor thinks they are needed, or if you are high risk.**

### **After you have your baby**

You will need to make an appointment to get a check up after you have your baby. Call your doctor right away and schedule your "Postpartum check up". It is important that you do not miss it!

### **Postpartum (after delivery) check up Within 3 to 6 weeks after you have your baby**

#### **Talk to your doctor about health promoting activities:**

- Any questions or problems you may be having
- Postpartum activity and exercise
- Eating healthy foods, especially if you are breastfeeding
- Breastfeeding support
- If you are feeling sad, or if you have "the baby blues"
- How to take care of your new baby
- How to use an infant car seat
- Birth control and planning for future pregnancies

\*Printed copies of information posted on our website are available upon request.