



Women Gynecology & Childbirth Associates, P.C.

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## NOTES:

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Name \_\_\_\_\_

Date \_\_\_\_\_ Expected Due Date \_\_\_\_\_

***Congratulations on your pregnancy. Please keep this booklet with you and bring to each visit. If you have any medical or pregnancy complications your visits may be more frequent and you may require more prenatal testing.***

### STAGES OF PREGNANCY

WEEKS GESTATION	DISCUSSION / TESTING	QUESTIONS FOR MD/PROVIDER
8-9 weeks visit with nurse	<ul style="list-style-type: none"> <li>▪ Pre-natal blood work drawn</li> <li>▪ Obtain medical history from mother and father</li> <li>▪ Pregnancy education</li> <li>▪ Discuss testing options: 1<sup>st</sup> Trimester Screen and AFP</li> </ul>	
9-10 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Review results of Pre-natal blood work</li> <li>▪ Discuss 1<sup>st</sup> Trimester Screen if you wish to pursue</li> <li>▪ Discuss 9 week Dating Ultrasound</li> <li>▪ Discuss indication or need for Strong Memorial Hospital Genetics if High Risk or 35 and older for amniocentesis or CVS</li> <li>▪ Full pelvic exam includes Papsmear and cultures, possible spotting after exam</li> </ul> <p><b>At each visit</b></p> <ul style="list-style-type: none"> <li>√ <b>Blood pressure</b></li> <li>√ <b>Urine</b></li> <li>√ <b>Weight</b></li> </ul>	
12 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Discuss AFP Testing with provider. AFP to be done between 15-22 weeks if you wish to do it</li> <li>▪ √ Fetal heart beat at each visit</li> </ul>	

16 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Discuss AFP results if back</li> <li>▪ Urine culture to be obtained</li> <li>▪ Discuss results of 1<sup>st</sup> Trimester Screen</li> </ul>	
20 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Review urine culture</li> <li>▪ Review results of 20 week ultrasound if done</li> <li>▪ Review results of AFP if done later than 16 weeks</li> </ul>	
24 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Discuss 1-hour Glucose Test to be done to check for Gestational Diabetes</li> <li>▪ Order blood work for Anemia</li> <li>▪ Antibody screen to be checked <u>ONLY</u> if Rh negative</li> </ul>	
28 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Review results of 1-hour Glucose Test and blood work to check anemia</li> <li>▪ Discuss Rhogam injection <u>ONLY</u> if Rh negative</li> <li>▪ Schedule 3<sup>rd</sup> Trimester Talk with nurse at 32 weeks</li> <li>▪ Pick a Pediatrician</li> </ul>	
30 weeks visit with MD or provider	<b>Starting every 2 weeks visits</b>	
32 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Visit with OB nurse to discuss disability, labor and delivery, pediatrician, circumcision, breast or bottle feeding, and to be registered at Highland Hospital (unless already done)</li> <li>▪ Discuss disability if needed</li> </ul>	
34 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Pediatrician name</li> </ul>	

36 weeks visit with MD or provider	<b>Starting Weekly Visits</b> <ul style="list-style-type: none"> <li>▪ Cervical Culture to check for Group B-Strep</li> <li>▪ Prepare for a cervical exam at every visit now</li> <li>▪ Possibility of spotting after exam</li> <li>▪ Repeat HIV test (if indicated)</li> </ul>	
37 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Cervical Exam</li> </ul>	
38 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Discuss 36 week culture results</li> <li>▪ Cervical Exam</li> </ul>	
39 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ Cervical Exam</li> </ul>	
40 weeks visit with MD or provider	<ul style="list-style-type: none"> <li>▪ You may have a non stress test (NST) and/or ultrasound to check the status of your baby</li> <li>▪ Provider may discuss and schedule induction prior to 42 weeks.</li> <li>▪ Cervical Exam</li> </ul>	
Over 40 weeks		



For more pregnancy and other patient information, visit our website at [www.wgcaobgyn.com](http://www.wgcaobgyn.com)

You may also reach us via fax at (585) 244-2202

**After Hours answering service number: (585) 258-4887**