

Schedule of Prenatal Visits for the Low Risk Patient

Weeks from Last Menstrual Period	Nature of Your Visit
8	Initial evaluation consisting of history, complete physical examination, pap smear, routine prenatal bloodwork, screen for asymptomatic bacteriuria and an explanation of available optional tests.
12	Weight, urine dipstick, blood pressure, assessment of uterine growth and listening to fetal heartbeat. (These are routine evaluations performed at all visits). Review of lab results and questions answered.
16	Routine evaluations. Maternal serum alpha-feto protein (optional blood test to screen for increased risk of neural tube defects and Down syndrome). Register for childbirth preparation classes.
20	Routine evaluations. Optional screening ultrasound. If you elect to have this, please check whether your insurance will cover this or if you will have to pay for it at the time of this visit. Be sure you schedule the extra time for the ultrasound with the appointment desk.
24	Routine evaluations.
28	Routine evaluations. Blood test to screen for gestational diabetes. You will need to avoid eating and drinking (except water) for 2 hours prior to this visit. You will be given a glucose drink and will have blood drawn one hour later. You will also have a hemoglobin (screen for anemia) and a state-mandated screen for syphilis. If your blood type is Rh negative, you will also receive an injection of the Rho-gam.
32	Routine evaluations.
34	Routine evaluations.
36	Routine evaluations. Vaginal examination to assess cervical change and fetal position. Vaginal and rectal culture to screen for group B streptococcus.
37-41	Weekly routine evaluation. Vaginal examination to assess cervical change and fetal position.