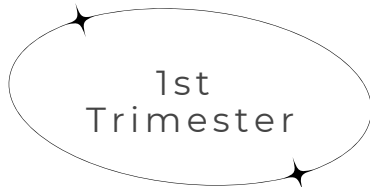




# PREGNANCY VISIT INFORMATION

Congratulations! We are excited to partner with you through your pregnancy!  
Here is a timeline for your pregnancy visits and what to expect at each one:

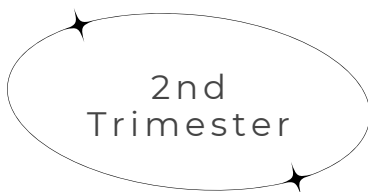


## FIRST TRIMESTER

- 7-8 weeks - Appointment with physician for ultrasound and exam.
  - Weight and blood pressure check
  - STI testing and Pap Smear (if needed)
  - Dating ultrasound to confirm due date
- 10-13 weeks - Your first OB visit
  - See a provider for a belly check
  - Review of your health history
  - Screening for Anxiety/Depression in pregnancy
  - Receive pregnancy education and have the opportunity to ask questions.
  - Blood draw for OB labs: complete blood count, blood type and screen, and infectious diseases (HIV, Hepatitis B, Hepatitis C, and Syphilis)
  - Urine culture to check for urinary tract infection
  - Optional genetic and/or carrier screening blood draw at Lemoyne or Harrisburg office

Things to do:

- Consider genetic and carrier screening. Call Stacie, representative from Natera at 610-755-8411 for information on cost.
- Complete UPMC registration form and bring to next visit to be faxed.
- Add PIWH office number 717-737-4511 to phone contacts.

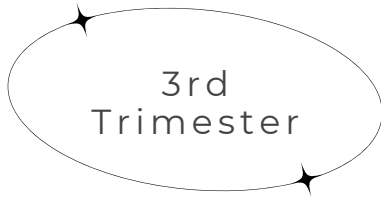


## SECOND TRIMESTER

- 15-16 weeks - See a provider for a belly check
- Optional blood work to screen for neural tube defects.
- Possible early screening for diabetes (fast overnight, glucose drink, and blood draw)
- 20-21 weeks - Detailed, 45-minute anatomy ultrasound with Penn State Health at Lemoyne or Harrisburg office. You will see a provider following your ultrasound.
- 24-26 weeks - See a provider for a belly check

THINGS TO DO:

- Register for Childbirth Classes
- Consider if you want your baby boy circumcised and check insurance coverage for circumcision if needed.



## THIRD TRIMESTER

- **28-29 weeks** - See a provider (Long visit)
    - Screening for gestational diabetes (fast overnight, glucose drink, and blood draw)
      - Included with your blood draw will be a complete blood count and repeat syphilis screening
    - Labor & Delivery/Blood consents signed
  - Screening for Anxiety/Depression in pregnancy
  - Recommended TDAP vaccine given if desired
    - This provides passive immunity to your baby to Pertussis (Whooping Cough)
  - If you have a negative blood type, you will receive an order to go to UPMC for an antibody screen (blood draw) and a Rhogam injection. This injection protects future pregnancies from fetal RH immunization
- **32-34 weeks** - See a provider for a belly check
  - **36 weeks (weekly visits start)** - See a provider for a belly check. Group B Strep culture (a swab of the vaginal opening and rectum with a q-tip) will be obtained and sent to the lab. (This will determine if you need antibiotics during labor).
  - **37 weeks** - See a provider for a belly check
  - **38 weeks** - See a provider for a belly check
  - **39 weeks** - See a provider for a belly check. 41 week induction of labor discussed.
  - **40 weeks** - See a provider for a belly check. Non-stress test and amniotic fluid ultrasound done.

### THINGS TO DO:

- Check insurance coverage for delivery of a breast pump
- Choose a pediatrician
- Discuss birth plan and hospital stay with a provider
- Pack your hospital bag
- Install baby's car seat
- Call the office number, any time day or night, with signs of labor or other concerns

### WHAT IS A BELLY CHECK?

You will see a provider to check on your health and fetal growth/well-being.

- Weight and blood pressure check
- Measure size of your uterus
- Listen to baby's heart rate
- Feel for baby's position (usually starting around 32 weeks)
- Cervical exams will be offered after 38 weeks

Each pregnancy is unique. This timeline does not include any additional testing or visits that may be required based on you or your baby's needs. Any recommendations for these will be discussed with you as your pregnancy progresses.