



# DR. NADER & ASSOCIATES

## WOMEN'S HEALTH / OBGYN

### SCHEDULE OF VISITS DURING YOUR PREGNANCY

The following schedule is an example of the typical appointments you should expect to receive in a routine, uncomplicated pregnancy. Women with more complex needs may require additional appointments.

SCHEDULE OF VISITS	
<b>First Visit</b>	<p>Confirmation of pregnancy. You will obtain:</p> <ul style="list-style-type: none"><li>• Initial ultrasound to provide your due date</li><li>• Bloodwork for routine prenatal labs</li><li>• Pelvic exam for pap smear and vaginal infection testing</li><li>• Urine testing for infections and for drug screens</li><li>• If necessary, referrals will be sent to the appropriate medical offices</li></ul> <p>This visit is also going to include a thorough review of your medical, surgical, and obstetric history. We will also ask you for your allergies, the medications you are taking, and any other issues that will be important for your care with us. It is important to be as detailed as possible with your history so that we can provide the best care for you and your baby.</p>
<b>10 – 16 weeks</b>	<p>Routine visit. You will:</p> <ul style="list-style-type: none"><li>• Discuss your results from your bloodwork</li><li>• Discuss genetic testing options</li><li>• Obtain a second ultrasound if necessary</li></ul>
<b>19 – 20 weeks</b>	<p>This visit will include your second ultrasound and examines the anatomy of the fetus. The sonographer will take pictures and measurements of the fetal heart, brain, spine, kidneys, arms and legs, hands and toes, chest, stomach, and more. They will also look at the gender, placenta and measure the amniotic fluid. If a follow up ultrasound is necessary, a referral will be sent to a high risk obstetrical office for you.</p>
<b>20 – 28 weeks</b>	<p>Appointments will happen every month during this time. At each visit, your blood pressure, weight and baby's heartbeat will be measured. You will discuss with your provider your birth goals and postpartum goals.</p> <p>You will obtain:</p> <ul style="list-style-type: none"><li>• Glucose testing at 24 – 28 weeks to check for gestational diabetes</li><li>• Information about Tdap vaccination. You should obtain this in every pregnancy between 27 and 36 weeks.</li></ul>
<b>29 – 35 weeks</b>	<p>Appointments will happen every two weeks until 36 weeks. Again, at each visit your blood pressure, weight and baby's heartbeat will be measured. You will also get an ultrasound to determine the growth and position of your baby. If you have a history of a previous cesarean section, you will discuss your delivery plans with your provider. If you are eligible for a trial of labor after a cesarean section, then information will be given to you so that you may make an informed decision.</p>
<b>36 – 37 weeks</b>	<p>You will do your Group B streptococcus swab test to test for bacteria that can cause issues for your newborn if you are not treated during labor.</p>
<b>37 – 40 weeks</b>	<p>Visits will happen weekly until the delivery of your newborn. Your provider may do an ultrasound to make sure your baby is in the head down position. You may also request to have your cervix checked for dilation. By this time, you should have already discussed birth plans with your provider. If you are needing a cesarean section, then you will obtain your surgery date and time. If you are needing an induction of labor, you will also obtain your hospital date and time.</p>