

**FUTURE APPOINTMENTS FOR YOUR PREGNANCY**

**Your Due Date:**

| <b>At approximately this week in your pregnancy:</b> | <b>We will do the following:</b>   | <b>Approximately this date:</b> | <b>But your actual appointment is:</b>   |
|--|--|---------------------------------|--|
| 12   | Get your weight<br>Check your blood pressure (BP)<br>Listen to your baby's heartbeat<br>Review your previous lab tests<br>Pre-register at Family Maternity Center  |                                 |  |
| 16   | Check your weight and BP<br>Listen to your baby's heartbeat<br>Measure your uterus<br>Do the Quad Screen blood test if desired<br>You may see a nurse practitioner at this visit                         |                                 |  |
| 20   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Ultrasound (unless done at MFM)  |                                 |  |
| 24   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Previous c-section consult if needed<br>You may see a nurse practitioner at this visit   |                                 |  |
| 28   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Complete blood count (CBC)<br>Blood test for diabetes<br>Rhogam shot if your blood is Rh negative<br>Review cord blood options     |                                 |  |
| 31   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>You may see a nurse practitioner at this visit   |                                 |  |
| 34   | Check your weight and BP<br>Listen to heartbeat and measure uterus   |                                 |  |
| 36   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Do culture from vagina for Group B Strep<br>Pelvic exam to check baby's position<br>Discuss labor instructions and your birth plan |                                 |  |
| 37   | Check your weight and BP<br>Listen to heartbeat and measure uterus   |                                 |  |
| 38   | Check your weight and BP<br>Listen to heartbeat and measure uterus   |                                 |  |
| 39   | Check your weight and BP<br>Listen to heartbeat and measure uterus   |                                 |  |
| 40   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Pelvic exam to check your cervix   |                                 |  |
| 41   | Check your weight and BP<br>Listen to heartbeat and measure uterus<br>Pelvic exam to check your cervix<br>Ultrasound to measure amniotic fluid (AFI)<br>Fetal monitor to check baby's health (NST)       |                                 |  |
| Post Partum  | Check your weight, BP & stitches<br>Measure the size of your uterus<br>Discuss birth control options<br>Develop an exercise plan<br>Pap smear and blood tests if needed                                  |                                 | Vaginal Delivery:<br>6 wk PP _____<br>C-Section:<br>2 wk PP _____<br>6 wk PP _____ |