



*Laramie Physicians for Women and Children, P.C.*

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## **Prenatal Care**

*Congratulations, you're pregnant! Now is the time to start planning for the health of your new baby and yourself. The next nine months will be filled with planning and excitement. The following is what you can typically expect from during your prenatal visits with our team of providers. Your individual health history and pregnancy may dictate the development of a treatment plan tailored to your unique needs.*

### **First Trimester: Conception to 12 weeks**

#### ***Call to schedule your first prenatal visit:***

- ❖ You will want to call and schedule your first prenatal visit as soon as you discover that you are pregnant.
- ❖ Between the time you call to schedule this appointment and the appointment date our office will be in touch with you to complete an in-take questionnaire and discuss your insurance coverage.

#### ***Initial prenatal visit:***

- ❖ This visit can take 60 – 90 minutes.
- ❖ You will have a thorough physical exam, including a pap smear.
- ❖ The provider will review your medical history.
- ❖ Documentation of your pregnancy begins and you will receive an ultrasound to verify your gestational age and due date.
- ❖ Your provider will arrange for initial blood work and standard cultures for gonorrhea and chlamydia.
- ❖ Your provider will listen for fetal heart tones in your initial visit.

### **Second Trimester: 12 to 24 Weeks**

#### ***Visits every 4 weeks***

- ❖ Your provider will document and track your weight and blood pressure.
- ❖ At every visit you will be asked for a urine sample which will be used to test for protein & glucose in the urine.
- ❖ Your provider will monitor fetal growth by measuring the size and height of the uterus.
- ❖ Listen to fetal heart tones.
- ❖ You will be given the opportunity to ask questions and get answers to your specific pregnancy concerns.
- ❖ Between week 19 and 23 you will have a second ultrasound, this is your chance to 'see' your baby for the first time.
- ❖ You will be offered the alpha-fetoprotein screen between week 16 and week 20.

## **Third Trimester: 24 weeks to delivery**

### ***28 weeks – 36 weeks visits every 2 weeks***

- ❖ You will have screening for gestational diabetes between week 27 and week 29.

### ***36 weeks – delivery visits weekly***

- ❖ You will be given the opportunity to ask questions and get answers to your specific pregnancy concerns.
- ❖ Internal cervical exam as indicated.
- ❖ Discussion of signs of labor and the opportunity to discuss your individual delivery plan.
- ❖ You will be tested for group B strep at around week 36.

## **Post Partum**

### ***6 Week Post Partum Check Up***

- ❖ This visit is the last in the long line of checkups that started with your first prenatal appointment. If you had a c-section, we may want to see you a few weeks earlier to make sure your incision is healing properly.
- ❖ Your provider will check your weight and blood pressure.
- ❖ You'll receive a physical exam including a pap smear.
- ❖ You and your provider can discuss any concerns or questions you may have.
- ❖ Your provider will also let you know when you should return for routine care, including any follow-up for your chosen contraceptive method.