

Schedule of Routine Prenatal Appointments and Tests

First Trimester:

Most insurance companies consider a confirmation appointment the same as a problem visit due to a missed menstruation. Therefore, Co-Payment will be collected if applicable, and an Insurance referral may be required.

Confirmation of Pregnancy (Optional):

6-8 weeks:

Nurse Practitioner Interview

Possible Prenatal Labs – blood type, antibody screen, complete blood count, hepatitis B screen, syphilis serology, rubella titer. HIV testing is recommended but optional.

Physical exam, including pelvic exam, breast exam, Pap smear. The fetal heart beat cannot be heard this early in pregnancy.

Physician Consultation if high risk

Initial Prenatal Appointment:

10-12 weeks:

Review of medical history, Prenatal Labs- blood type, antibody screen, complete blood count, hepatitis B screen, syphilis serology, rubella titer. HIV testing is recommended but optional.

Physical exam, including pelvic exam, breast exam, Pap smear. An ultrasound may also be performed, if fetal heart tone is not present.

First trimester screening (ERA) for Down's syndrome will be offered to all women, and highly recommended to women who will be 35 or older at the time of delivery. This testing involves blood work and an ultrasound for nuchal thickening. It is performed any of the Premier Diagnostics sites.

Second Trimester: Appointments will be scheduled every 4 weeks

16-18 weeks:

Alpha-fetoprotein quad screen (AFP4). This test is optional. It is a blood test that screens for neural tube defects and Down's Syndrome.

If you will be 35 or older at the time of your delivery or are at high risk for a birth defect, you will be offered additional testing that may include blood work, level 2 ultrasound, amniocentesis and/or genetic counseling.

18-20 weeks:

Ultrasound to check fetal anatomy and confirm dates.

Third Trimester: Appointments will be scheduled every 2 weeks between 28 and 36 weeks, then weekly until delivery.

26-28 weeks:

Gestational diabetes screen and blood count. If your blood type is Rh negative, an antibody screen will also be drawn and you will be administered Rhogam.

35-37 weeks:

Group B Streptococcus screen

39 weeks:

Internal pelvic exam to check for effacement and dilatation. (optional).

Postpartum: Scheduled 6-8 weeks following delivery.

Physical exam including breast and pelvic exams, Pap smear if due.