

# Prenatal appointment planner

We look forward to caring for you during your pregnancy journey. You will visit us early in your pregnancy so that we can begin important prenatal care and then throughout the nine months.

## 5-8 weeks

When you are 5 to 8 weeks pregnant, you will meet with a nurse for an estimated delivery date and an ultrasound. If you are a high-risk patient, the nurse may have you see a doctor soon after this visit.

### During this visit, we'll do lab work to check for:

- HIV
- Anemia or infection
- Blood type and Rh factor
- Antibody screen
- Hepatitis B and C
- Syphilis
- Immunity to chicken pox and rubella

### By this time, you should:

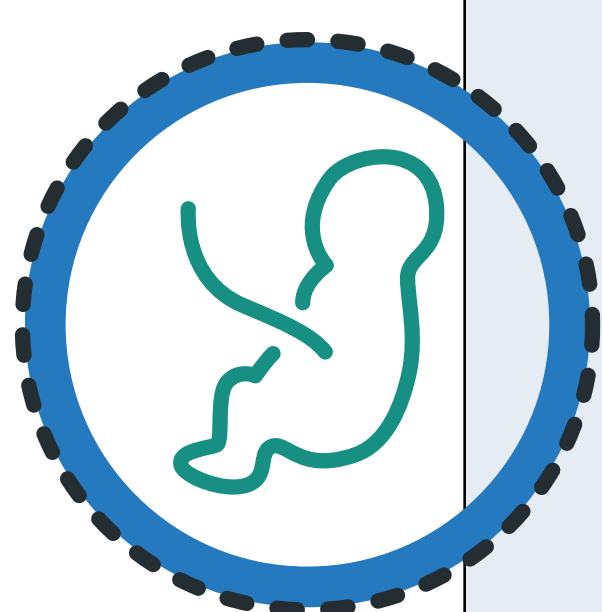
- Tell your insurance company that you're pregnant
- Have your well water checked for nitrates, if needed
- Consider prenatal genetic testing



## 11-12 weeks

When you are 11 or 12 weeks pregnant, you will visit a midwife or doctor. During this visit you will:

- Listen to your baby's heartbeat for the first time with the doppler
- Meet with the financial counselor for an assessment and to pre-register for your hospital stay
- Discuss genetic screening that shows your level of risk for a baby with Down's Syndrome, Trisomy 18 or Spina Bifida



## 20 weeks

When you are 20 weeks pregnant, you will visit your midwife or doctor. During this visit you will:

- See your baby, uterus and placenta on ultrasound. It's an amazing moment.
- Learn the gender if you would like to know (and baby cooperates!)

### By this time, you should:

- Sign up for prenatal classes at [gundersenhealth.org](http://gundersenhealth.org)
- Research childcare
- Review your employer's policies on leave of absence, maternity leave, payroll, worker's compensation and return to work after delivery



## 26 weeks

When you are 26 weeks pregnant, you will visit your midwife or doctor for a prenatal exam and education with a nurse.

During this visit, you will:

- Listen to your baby's heartbeat
- Complete a blood test to check for your risk of gestational diabetes and anemia in pregnancy
- Undergo an antibody screen if your blood type is Rh negative
- Sign up for prenatal classes at [gundersenhealth.org](http://gundersenhealth.org)

### By this time, you should:

- Buy a car seat and have it checked by a certified car seat technician
- Consider birth control methods for after your baby is born



## 32 weeks

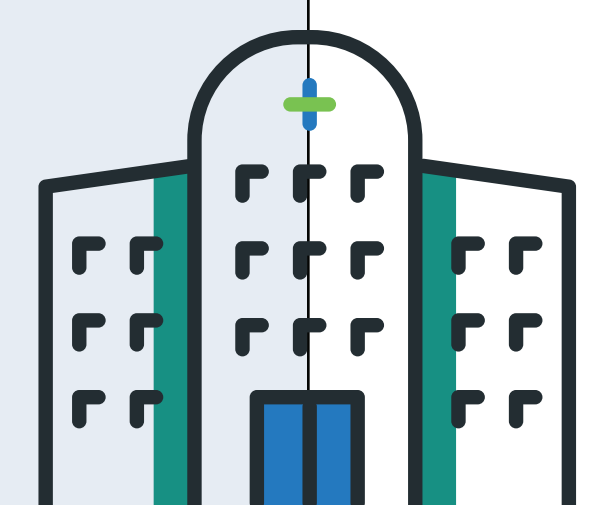
When you are 32 weeks pregnant, you will visit your midwife or doctor for a prenatal exam and education with a nurse.

During this visit, you will:

- Listen to your baby's heartbeat
- Develop your birth plan and discuss delivery options
- Cover what to expect in the hospital
- Discuss your special needs
- Sign forms and consents
- Answer your questions

### By this time, you should:

- Choose a pediatrician or family practice doctor to care for your baby
- Verify your insurance coverage
- Meet with the financial counselor as needed



## 36 weeks

When you are 36 weeks and until you reach your due date, you will visit us weekly for prenatal exams.

## 41 weeks

If you reach 41 weeks, you will meet with your provider to check your baby's health and to discuss induction.

