

Obstetrical Schedule of Events

First Appointment-OB Coordinator

What to Expect: We schedule this appointment when you are usually around 5-7 weeks from the first day of your last period. At this appointment you will meet with our OB nurse to sign consent forms, obtain your Welcome gift pack & vitamin samples. You will also have your initial prenatal blood work drawn at the conclusion of this appointment. You will be given information regarding pre-registering at Rex Hospital. It is very important that you fill this information out and send it in to the hospital prior to showing up to delivery. The sooner you send it in the better. Once you are admitted into the hospital you will be asked your choice of pediatrician and they will be notified after the birth of your baby. Please make the effort to choose one who has admitting privileges at Rex Hospital ahead of time, for if you do not you will have to be assigned one (usually off a rotating call list). In such cases the doctor may not be a preferred provider on your insurance plan and you would therefore be responsible for their entire bill (this has happened!). In order to help this process we have included a list of Rex Pediatricians in this booklet that you are receiving at this first visit.

Testing to be completed: Initial baseline prenatal lab work, which includes the following:

- **CBC:** This checks for Anemia and certain blood diseases
- **Type and Antibody Screen:** This checks Maternal Blood Type as well as identifies any prior exposure to a blood type different from the mother's that might put the baby at risk of low blood counts.
- **Rubella IGG:** This checks to see if you are immune to Rubella as this type of infection during pregnancy can harm the baby; if you are not immune to Rubella, then we recommend the Rubella vaccination once you have delivered.
- **Hepatitis B surface antigen:** This checks to see if you are a carrier of the Hepatitis B virus. Children of chronic carriers of Hepatitis B should have special immunizations at birth to prevent Hepatitis infections.
- **VDRL (RPR) *State Law:*** This test screens for syphilis in order to treat any present infections and to prevent the baby from becoming infected.
- **HIV *State Law (eff 11/1/2007):*** This test screens for HIV infection in order to provide treatment and to try to prevent the baby from becoming infected. You may choose not to have this test done at this time, however beginning November 1, 2007 if our office cannot provide the hospital with the results from this test you or your baby will be required by new state laws to have this test done in the hospital prior to discharge.
- **Sickle cell screen:** This test screens for the risk of sickle cell blood disease and in some cases other diseases.
- **TSH:** This checks for an overactive or underactive thyroid.
- **Urine C&S, Gonorrhea & Chlamydia:** This checks for Gonorrhea & Chlamydia. If this test comes back positive you need to be treated.
- **Free T4:** This test is only done if you are currently taking thyroid medicine or have had an abnormal TSH.
- **Human B19 IgG:** This test only needs to be done if you work with small children grade 4 or below.
- **Varicella:** This test is done to check your immunity to chicken pox and is only drawn if you have no history of the chicken pox vaccine or disease.

When to Return: Depending on how far along you are based upon the first day of your last period we will schedule you to return around 8 weeks from the first day of your last period. If you begin to experience any problems or complications prior to your next appointment call our office to schedule a sooner appointment.

Second Routine Appointment-First Appointment with the Doctor

What to Expect: At this appointment you should be about 8 weeks into your pregnancy and will meet with one of our doctors that could potentially be the doctor that you see again in the delivery room. This is a great appointment to bring that list of questions you have been dying to know the answers to regarding your pregnancy and what to expect for the next several months. You will also have a complete pelvic exam done at this visit as well as your annual pap smear if it has been more than 1 year since your last pap was performed. If you or your husband have ever had genital herpes, you should tell us at this visit. Also, any time you have an outbreak during pregnancy you should bring it to our attention. We may take cultures for the herpes virus if a lesion is uncertain or from the cervix at other times. If you have had active lesions or a positive culture within two weeks when you go into labor, you will usually be delivered by Cesarean section to prevent infection of the baby and the serious problems that can result. This is also when you will get to see your baby on the ultrasound screen for the first time as our providers check the viability of the fetus by looking to see your baby's heart beating. This ultrasound is also for us to confirm that your due date is correct based off the calculations done at your initial appointment where the first day of your last period is used to estimate your due date.

Testing to be completed:

- *Pap Smear:* This is only done if you have not had a pap smear performed within the last year. We use this test to screen for cervical cancer.
- *Transvaginal Ultrasound:* This is to confirm your pregnancy, the viability of the fetus and to establish a more accurate due date.

When to return: Depending on how far along you are when you come in for this appointment we usually have you return in 4 weeks for your next routine visit, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment. You should be around 12 weeks when you return for your next routine appointment.

Third Routine Appointment

What to expect: At this appointment you should be approximately 12 weeks into your pregnancy. You will see one of our doctors or nurse practitioners today to check on the progress of your pregnancy. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. It is not unusual for us to be unable to locate the heartbeat with the doppler at this time during your pregnancy. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. We will also take a urine sample to check to see if there is any protein in your urine, which could be a sign to us of an infection that needs treating. We will also be checking the urine to see if your glucose (sugar) levels are elevated. You should expect to give a urine sample at every visit during your pregnancy. We may also prick your finger to take a small sample of blood to check your iron levels. This is usually done every other visit.

Testing to be completed: There are no significant tests performed at these exams.

When to return: We will have you return in 4 weeks when you will be approximately 16 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Fourth Routine Visit

What to expect: At this appointment you should be approximately 16 weeks into your pregnancy. You will see one of our doctors or nurse practitioners today to check on the progress of your pregnancy. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. We will also take a urine sample to check to see if there is any protein in your urine, which could be a sign to us of an infection that needs treating. We will also be checking the urine to see if your glucose (sugar) levels are elevated. You should expect to give a urine sample at every visit during your pregnancy. We may also prick your finger to take a small sample of blood to check your iron levels. This is usually done every other visit.

Testing to be completed:

- **Quad Screen (AFP Triple Screen):** If you elected to have this test completed it will be drawn at the conclusion of your visit. This test checks for possible birth defects such as open neural tube defects and down syndrome.

When to return: We will have you return in 4 weeks when you will be about 20 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Fifth Routine Visit

What to expect: At this appointment you should be around 20 weeks into your pregnancy. Prior to seeing one of our doctors or nurse practitioners today to check on the progress of your pregnancy you will be scheduled to see our ultrasonographer first to have a comprehensive scan done of your baby. If you are interested in knowing the sex of your baby this is usually when it can be determined. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. We will take a urine sample from you today and may also prick your finger.

Testing to be completed:

- **Comprehensive Ultrasound:** Our sonographers will examine your baby to check for any abnormalities that may be signs of a problem with your baby and also will be taking measurements to confirm that your baby is growing at the expected rate for this stage in your pregnancy.

When to return: We will have you return in 4 weeks when you will be about 24 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Sixth Routine Visit

What to expect: At this appointment you should be approximately 24 weeks into your pregnancy. You will see one of our doctors or nurse practitioners today to check on the progress of your pregnancy. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. We will also take a urine sample to check to see if there is any protein in your urine, which could be a sign to us of an infection that needs treating. We will also be checking the urine to see if your glucose (sugar) levels are elevated. You should expect to give a urine sample at every visit during your pregnancy. We may also prick your finger to take a small sample of blood to check your iron levels. This is usually done every other visit.

Testing to be completed: There are no significant tests performed at these exams.

When to return: We will have you return in 4 weeks when you will be approximately 28 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Seventh Routine Visit

What to expect: At this appointment you should be approximately 28 weeks into your pregnancy. Again you will see one of our doctors or nurse practitioners today to check on the progress of your pregnancy. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. As usual we will also take a urine sample from you at this visit and may also prick your finger. Please be prepared for this appointment to be longer than usual because you will also be tested today for gestational diabetes. At the beginning of your appointment you will drink a special glucose drink that is used to help evaluate you for diabetes during your pregnancy. You will need to have your blood drawn exactly one hour after you completely finish the drink. There are no special preparations needed for this test. You may eat a normal breakfast, however you should try to avoid overly sweet items. We want you to eat like you normally would so that we can see how your body reacts to your normal intake of food. Fasting for this test may affect the results which could cause you to have to be retested or have more extensive testing performed. Also at this appointment when you have your blood drawn we will be ordering another VDRL (RPR) as well as an Antibody screen if your initial results came back stating that you were RH negative. If you are RH negative you will also need to have an injection of Rhogam at 28 weeks. If your baby turns out to be RH positive you will have another injection of Rhogam after delivery. Rhogam helps to prevent the formation of antibodies to the RH factor, which may cause problems in future pregnancies.

Testing to be completed:

- *Glucola:* This test screens for gestational diabetes in pregnancy

- *Antibody Screen:* This test is only redone at this time if your initial testing came back stating that you are RH negative.
- *VDRL (RPR) State Law:* This test screens for syphilis so that we may treat any present infection and to prevent the baby from becoming infected.

When to return: We will have you return in 2 weeks when you will be approximately 30 weeks along in your pregnancy and again 2 weeks after that when you will be approximately 32 weeks along in your pregnancy and again 2 weeks after that when you will be approximately 34 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Eighth, Ninth & Tenth Routine Visits

What to expect: At this appointment you should be approximately 30, 32 & 34 weeks into your pregnancy. Again you will see one of our doctors or nurse practitioners to check on the progress of your pregnancy. If there is a doctor that you have yet to be scheduled with so far in your pregnancy be sure to request them so that you will not have to worry about being delivered by a doctor you have never met. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. As usual we will also take a urine sample from you at this visit and may also prick your finger.

Testing to be completed: There are no significant tests performed at these exams.

When to return: We will have you return in approximately 2 weeks when you will be about 36 weeks along in your pregnancy, unless you experience any problems or complications. In that situation call our office to schedule a sooner appointment.

Eleventh Routine Visit

What to expect: At this appointment you should be approximately 36 weeks along in your pregnancy. Again you will see one of our doctors or nurse practitioners to check on the progress of your pregnancy. If there is a doctor that you have yet to be scheduled with so far in your pregnancy make sure to request them so that you will not have to worry about being delivered by a doctor you have never met. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. As usual we will also take a urine sample from you at this visit and may also prick your finger. At this appointment we will also be taking vaginal and anal swabs to test for Group B Strep and Gonorrhea & Chlamydia. This is very important because if your Group B Strep culture comes back positive you will need to be administered intravenous antibiotics during labor for the safety of your baby.

Testing to be completed:

- *Group B Strep culture:* This screens for Group B Strep so that we can be prepared to administer intravenous antibiotics during labor if it comes back positive

- *Urine C&S, Gonorrhea & Chlamydia*: This checks for Gonorrhea & Chlamydia. If this test comes back positive you need to be treated.
- *HIV State Law (eff 11/1/2007)*: This test screens for HIV infection in order to provide treatment and to try to prevent the baby from becoming infected. You may choose not to have this test done at this time, however beginning November 1, 2007 if our office cannot provide the hospital with the results from this test you or your baby will be required by new state laws to have this test done in the hospital prior to discharge.

Remaining Routine Visits

What to expect: These appointments will take place weekly once you have passed your 36th week of pregnancy. You will continue to see one of our doctors or nurse practitioners at each visit to check on the progress of your pregnancy. If there is a doctor that you have yet to be scheduled with so far in your pregnancy make sure to request them so that you will not have to worry about being delivered by a doctor you have never met. Please be sure to ask any questions you have or have them address any concerns you may have at this time. We will use a listening device called a Doppler to locate your baby's heart beat to make sure everything is as it should be. We will also use a belly measuring tape to check the growth of your uterus to confirm that it is measuring as expected for this stage in your pregnancy. As usual we will also take a urine sample from you at this visit and may also prick your finger.

Testing to be completed at Labor and Delivery

- *CBC*: This checks for Anemia and certain blood diseases
- *Blood type & Antibody Screen*: This checks Maternal Blood Type as well as identifies any prior exposure to a blood type different from the mothers that might put the baby at risk of low blood counts.
- *VDRL (RPR) State Law*: This test screens for syphilis in order to treat any present infections and to prevent the baby from becoming infected.
- *Gonorrhea & Chlamydia*: This checks for Gonorrhea & Chlamydia. If this test comes back positive you need to be treated. (*State Law if you are 25 years of age or younger*)