

Prenatal care roadmap

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, you will:

- Make sure your medical chart is up-to-date and discuss family history
- Discuss physical, social and emotional changes in pregnancy
- Discuss caring for yourself during pregnancy, including healthy eating
- Discuss managing your pregnancy symptoms and safe medications in pregnancy

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

- Anemia
- Antibody screen
- Blood type and Rh factor
- Hepatitis B and C
- HIV
- Immunity to chicken pox and rubella
- Syphilis
- Thyroid and hypertension labs, if needed
- Urinary Infection
- Vaginal Infection

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

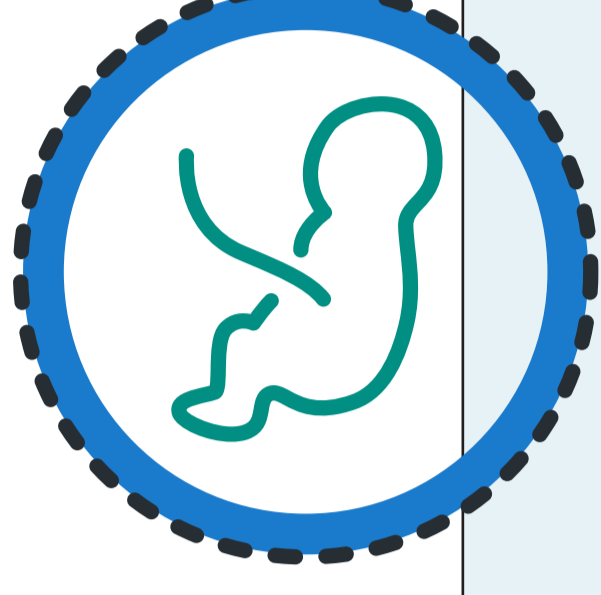
When you are about 12 weeks pregnant, you will visit a midwife or doctor.

During this visit, you will:

- Discuss your pregnancy and visits with the midwife or doctor
- 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; this visit may be with a genetics counselor

By this time, you should:

- Start researching childcare



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:

- Review your employer's policies on leave of absence, maternity leave (FMLA), payroll, worker's compensation and return to work after delivery

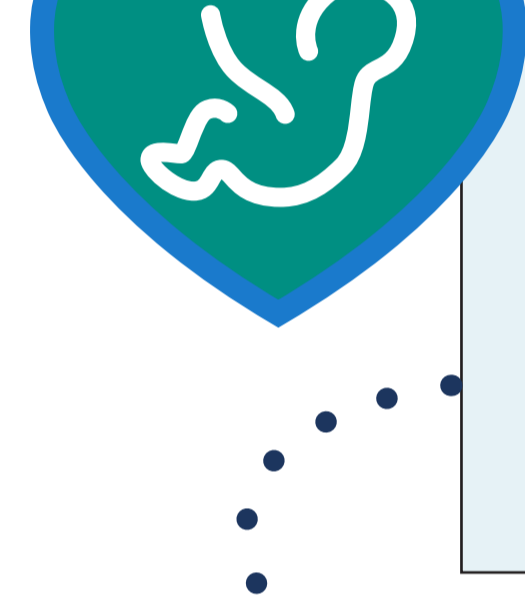


24 weeks

Some women are seen at 24 weeks and 28 weeks due to various reasons that warrant watching a pregnancy closer.

During this visit, you will:

- Listen to your baby's heartbeat



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
- Discuss warning signs in pregnancy
- Complete a blood test to check for your risk of gestational diabetes and anemia in pregnancy
- Repeat syphilis screening
- Undergo an antibody screen if your blood type is Rh negative. If it is negative, you will be scheduled for a return visit for your rhyphylac injection.
- Discuss desire for surgical sterilization (tubal) after birth and sign paperwork, if applicable

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

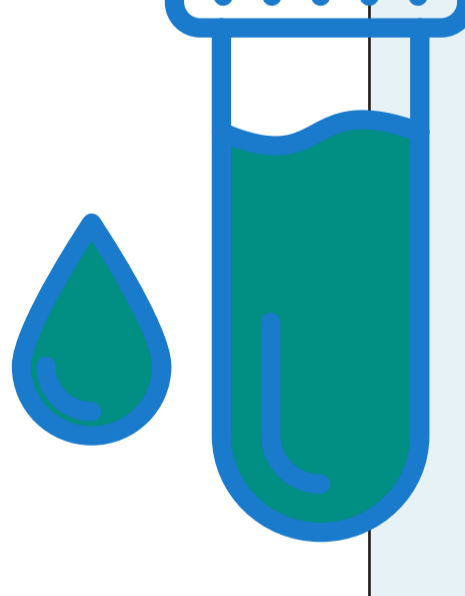


28 weeks

Some women will have a visit at 28 weeks.

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, if not done at 26 weeks
- Undergo an antibody screen if your blood type is Rh negative, if not done at 26 weeks
- Receive Rhophylac if you are Rh negative



32 weeks

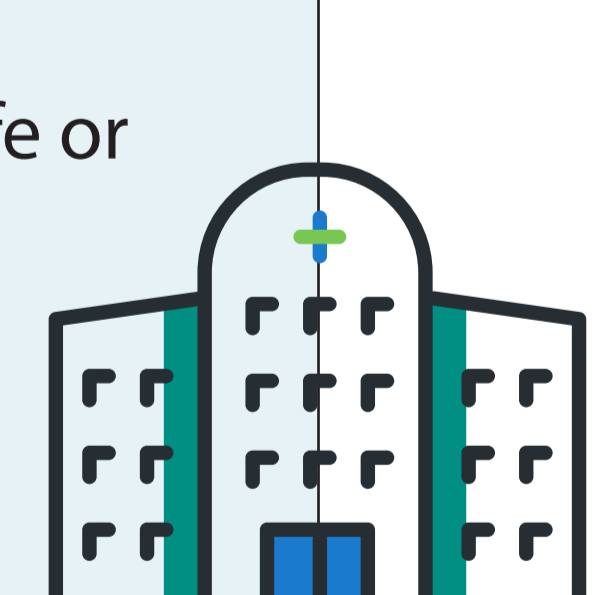
When you are 32 weeks pregnant, you will visit your midwife or doctor for a prenatal exam and education with a nurse.

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, including pain control options
- Discuss your special needs
- Discuss emotional changes after birth
- Talk about how you will be feeding your baby and obtain a breast pump prescription, if applicable
- Sign up for Labor, Birth & Breastfeeding classes online at gundersenhealth.org/pregnancy
- Receive the RSV vaccine (when in season)
- Receive the TDAP vaccine to give passive immunity to baby
- Potentially complete another urine test
- Sign forms and consents
- Answer your questions

By this time, you should:

- Sign up for Labor, Birth & Breastfeeding classes online at gundersenhealth.org/pregnancy
- Choose a location for your newborn care, pediatrician or family practice doctor to care for your baby
- Verify your insurance coverage and contact them to see where to pick up your breast pump, if applicable
- 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.

During this visit, you will:

- Listen to your baby's heartbeat
- Collect a swab for Group B Strep; this is a vaginal and rectal swab

41 weeks

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

During this visit, you will:

- Have a non-stress test or biophysical profile

