

## **What To Expect During Your Prenatal Care**

Plan around an hour for your initial prenatal visit, with shorter subsequent prenatal visits. We welcome your partner to these visits, as well as other family & friends you wish to bring. Siblings are also welcome. However, because of the extended time, we suggest you NOT bring young siblings to the first visit. Please arrive at least 15 minutes early to your first visit and have your intake questionnaire entirely completed. If you have seen another provider for this pregnancy, please arrange to have your records transferred to Advanced OB-GYN before your initial visit.

During the first visit, the CNM will discuss your past and present health status, family history, prior pregnancies, nutrition and exercise in pregnancy, genetic screening tests, recommended prenatal testing, as well as your support system. The CNM will also review the intake questionnaire you completed. After discussions, a brief physical exam that may include a pelvic exam and Pap test will be done. You may also have an ultrasound to see your baby's heartbeat and help determine the most accurate due date. One of the office nurses will draw your labs before you leave, although you have the option of getting this done later at a Spectrum outpatient lab. In addition to a urinalysis, recommended prenatal blood work includes:

- Blood type and Rh
- Hemoglobin and hematocrit
- Platelet count
- Immunity to rubella (German Measles)
- Hepatitis B, Syphilis, HIV, Gonorrhea and Chlamydia status

We encourage you to write your questions down before each visit. Extra time will be set aside to get to know you and your family, and address your unique concerns. Together, we'll come up with a plan of care for your pregnancy. During the first visit, we also determine if you are an appropriate candidate for CNM care. Each prenatal visit allows us to evaluate your pregnancy risk status and determine the appropriateness of continued CNM care. Most healthy women remain low-risk during their pregnancies. However, based on your initial health and ongoing health during the pregnancy, we may recommend collaborative care, a one time consult with a specialist, or referral to an obstetrician or specialist for best care and outcomes.

The general guideline for prenatal visits at Advanced OB-GYN is to start care between 7-10 weeks, with visits every 4 weeks until 32 weeks gestation, every 2 weeks until 36 weeks gestation, then weekly thereafter. A term pregnancy is defined as 37-42 completed weeks (this is a 5 week window!). Keep this in mind when announcing your pregnancy and due date to friends and family. Some women find it helpful to talk about due times or months instead one specific due date. Please ask us about our philosophy on induction of labor.

During subsequent visits, we take time for questions and discussion. Each visit includes weight and blood pressure, urine collection, listening for the heartbeat, and measuring your growing uterus. The fetal anatomy ultrasound (a genetic screening test) is best done around 20 weeks. Plan to have someone with you during that visit, since it is an exciting moment to share. Part of this visit includes a cervical length measurement, which helps to identify women who may be at risk for preterm birth based on a shortened cervix. **This part of the ultrasound is typically done via a transvaginal ultrasound** (if you have questions about this portion of the exam, please ask prior to the exam). Between 24-28 weeks, additional labs are done to check your iron and screen for gestational diabetes. Between 35-37 weeks, we recommend testing for Group Beta Strep.

Early and adequate prenatal care with a midwife is tied to improved pregnancy outcomes. However, the most important part of pregnancy care belongs to you. By attending prenatal visits, eating well, exercising appropriately, reading, asking questions, choosing a pediatric provider, and participating in childbirth education, you enhance your physical and mental health and feel better prepared for pregnancy and birth. Prenatal visits help us to develop a trusting relationship, while closely monitoring the health of you and your baby. If concerns arise, we will consult, collaborate, and refer to Dr. John LaGrand or other specialists as needed to ensure optimal care and outcomes. By working together, we can help you achieve the best possible pregnancy experience.

Your satisfaction with the care we provide is of utmost importance to us. If you are not satisfied, we are open to your feedback and suggestions and will work to improve our services. Thank you for choosing midwifery care at Advanced OB-GYN!