

Wellesley Women's Care, P.C.

Obstetrics / Gynecology / Infertility

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Pregnancy Calendar

This calendar has been provided to you as an example of what to expect throughout a normal pregnancy.

Initially your dates are based on the first day of your "last menstrual period" (LMP). If you have an early ultrasound we may use that information to establish an "estimated delivery date" (EDD).

First Trimester (1-12 Weeks)

7-9 Weeks Intake and Lab Appointment

At this appointment:

- Our practice routines will be discussed.
- Your medical history will be reviewed.
- The clinical staff will answer any questions you may have.
- Your blood will be drawn for HCG, TSH, CBC, blood type, and antibody screen, Hepatitis B screen, RPR, HIV and Rubella. A urine culture and urinalysis will be collected to screen for symptom-free infections that occur in pregnancy.
- Based on your individual ethnicity individualized genetic tests will be offered to you and your partner.
- We advise that you obtain verification early in your pregnancy that CF, SMA and other genetic tests are covered by your insurance company so there will not be a delay in your results.
- Prenatal screening tests done in the 1st and 2nd trimester will be discussed.

9-11 Weeks Pregnancy Confirmation Visit (PCV) with your provider

- This visit will include a complete history and physical exam.
- Your blood results from your intake appointment will be reviewed with you.
- Options for prenatal screening for Down Syndrome and other chromosomal abnormalities will be discussed at this visit.

11-13 Weeks First Trimester Screening/Integrated Screen

- A non-invasive screen; ultrasound and blood work.
- This is done at Maternal Fetal Medicine here at Newton Wellesley Hospital.

After your pregnancy confirmation visit (PCV) you will see your provider every four weeks until 28 weeks for prenatal visits, unless otherwise specified by your physician.

Second Trimester (13-27 Weeks)

18-22 Weeks

- Most patients will begin to feel movement.
- Your provider will order an **ultrasound**. This is a **fetal survey** (a detailed evaluation of the fetal anatomy) and it is performed around **18 weeks** of pregnancy. This is optimal time for the ultrasound.

18-24 Weeks Breast Feeding and Childbirth Education

- Choices are discussed.
- We can provide a list of recommended pediatricians to you as well as information on childbirth education and breast-feeding classes that are offered.

24-28 Weeks Glucose Tolerance and CBC

- Glucose tolerance screens for gestational diabetes and your complete blood count level will be tested. If your blood work results (that were drawn at your intake appointment) indicate that you are **Rh negative** you will be scheduled for an injection of **Rhogam** in the office (the injection is given at 28 weeks).
- A Newton Wellesley Hospital Maternity Guide will be given to you which includes preregistration paperwork. This will need to be completed and returned to Newton Wellesley Hospital in the enclosed self-addressed envelope provided.

Third Trimester (28-40 Weeks)

At this point you will see your provider every two weeks for prenatal visits, unless otherwise specified by your provider.

28-36 Weeks

- The Tdap vaccine will be recommended. This vaccine helps protect your newborn from whooping cough. Direct care providers of the newborn (grandparents, family members) should ensure they have an up to date Tdap booster also.

32-34 Weeks

- **Sibling tours** and **hospital tours** are advised. More detailed information can be found in your NWH Maternity Guide.
- **Circumcision** questions and plans are discussed.

34-36 Weeks

- **Fetal Movement Counting** and **When to Call Labor Guidelines** will be reviewed with you.

36-37 Weeks

- **Group B Beta Strep** culture is a vaginal/rectal culture that will be done to test for Group B Beta Strep status.
- **Anesthesia** choices will be reviewed with you. If you have a **Birth Plan** you can discuss it with your physician.
- **Delivery consent** will be signed for Newton Wellesley Hospital.

38-40 Weeks

- **Pelvic Exams** may be done to check for cervical changes.

40 Weeks

- **Estimated Delivery Date (EDD)**

Only about 35 % of expectant women will give birth by this time. Plans for additional monitoring of the pregnancy will be discussed at this visit.

41 Weeks

- Discuss a delivery plan with your provider.
- If ordered by a provider:

Non-Stress Test (NST) to monitor fetal movement and fetal heart rate to assess fetal well-being.

Ultrasound to evaluate the amniotic fluid volume.

41-42 Weeks

- Induction of Labor (5-10% of babies will not yet have been born).

AFTER YOUR DELIVERY

- If you have had a baby boy and wish to have him circumcised, one of our physicians will perform the procedure prior to your discharge from the hospital. In some instances, your baby boy may not be able to have a circumcision before you are discharged from the hospital. In this case it would need to be scheduled through your pediatrician's office.
- Once you are home, call our office to schedule a postpartum visit. A postpartum depression screen and a complete physical exam will be done at this visit. In addition, your provider will review birth control options with you.