

## *Prenatal Visits*

<b>First Prenatal Visit (Up to 10 Weeks)</b>	<ul style="list-style-type: none"> <li>• Ultrasound to confirm pregnancy and determine the baby's estimated due date.</li> <li>• Review your medical, surgical, genetic, and family medical history.</li> <li>• Physical exam.</li> <li>• Lab work to analyse blood work and screen for STI's/STD's and immunity to various viruses (such as Chickenpox and Rubella).</li> <li>• Discuss optional testing available.</li> </ul>
<b>12 Week Visit</b>	<ul style="list-style-type: none"> <li>• Check baby's heart rate and check mother's weight and blood pressure and perform urine exam.</li> <li>• Review our initial prenatal labs.</li> <li>• Perform first trimester genetic screen, discuss NIPT vs NT test.</li> </ul>
<b>16 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Routine lab work.</li> <li>• Optional screening for birth defects e.g., Alpha fetoprotein blood test. Checking for neural tube defects i.e., cleft lip and palate.</li> </ul>
<b>20 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Detailed anomaly scan / anatomical scan – may refer to Prof Borhat for further assessment.</li> </ul>
<b>24 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• If necessary a Tetanus and Flu Vaccine may be required</li> </ul>
<b>28 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Routine lab work and screen for gestational diabetes and infections.</li> <li>• If blood work determines you are Rh-negative, you will receive a Rhesugam injection.</li> </ul>
<b>30 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Review your 28-week lab results.</li> </ul>
<b>32 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> </ul>
<b>34 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Placenta Doppler Ultrasound</li> </ul>
<b>36 Week Visit</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• A pelvimetry will be performed.</li> <li>• CTG test to be done.</li> <li>• A vaginal swab to test for MC&amp;S and Group Beta Strep.</li> </ul>
<b>37 Week Visit and Weekly until Delivery</b>	<ul style="list-style-type: none"> <li>• Measure uterine size, check baby's heart rate, check mother's weight and blood pressure and perform urine exam.</li> <li>• Possible cervix check to assess for dilation (pelvic exam).</li> </ul>

Although most pregnancies proceed normally, every pregnancy poses some degree of risk. Assessing the risk is an ongoing process and a central part of prenatal care. Complications can arise without warning, so each visit is very important for your care and for the care of your unborn baby. If you cannot keep one of your visits, please call to reschedule.

Your first visit will include obtaining your health history, your family history and reviewing any past pregnancies. Routine blood tests will be ordered, and optional tests will be discussed.

A general physical exam will be done. Subsequent visits are usually shorter. At each visit you will be weighed, have a blood pressure check, a urine sample tested for sugar and protein, and the baby's heartbeat can be heard or seen from 6 weeks gestation. At about 36 weeks, your cervix will be checked through a pelvic exam to see if any changes are occurring, this may be done every visit until delivery. Furthermore, a vaginal swab will be taken to check for the presence of Group B Strep. If present an antibiotic will be prescribed.

Your Antenatal care generally includes 3 important ultrasounds. Most pregnancies will include an Ultrasound at around twelve weeks to check for chromosomal abnormalities, Down Syndrome being the most common. Dr Berios will do an ultrasound at every visit, just to see that baby is growing well and for you to see baby and to see and hear the heartbeat. Another ultrasound is done at 20 weeks for a scan of baby's anatomy.

Please, be patient if an appointment is rescheduled (due to an emergency) or if Dr Berios is running late – some patients may require longer consults. Patient care is our first priority.