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## What to expect at your prenatal visits

### At every visit, we will:

- Obtain your weight and blood pressure
- Listen to the baby's heartbeat

Starting at 20 weeks, we will measure your belly at every visit. If you ever have any questions – during or after office hours – we always have a nurse you can consult.

### Initial prenatal visit (around 10 to 12 weeks of gestation)

- This is the longest visit during your pregnancy.
- We will discuss conditions, symptoms and issues relevant to your first trimester.
- A representative will review your insurance coverage and benefits so that you will have an estimate of your costs. Your portion of the global amount is due by 28 weeks. Remember, if your insurance changes during your pregnancy, please tell us at once. That way, we can assure your coverage is correct.
- Expect to get undressed for a pelvic and breast exam.
- We will do cervical cultures (to check for gonorrhea and chlamydia) and possibly a Pap smear at this visit.
- We will do any optional genetic screenings you choose. These tests can help detect if your baby is at risk for a chromosomal problem. Discuss these with the doctor to find out more.

### 16-week visit

- If you would like to find out the sex of your baby before the routine anatomy scan, you can schedule a 16-week "gender only" ultrasound. Please speak with a team member to schedule this appointment (\$75 a baby, collected before the visit).
- An AFP can be drawn at this visit to test for neural tube defects such as spina bifida.
- You will need to complete the hospital preadmission process online around this time. Preregister for delivery through your MyChart account. If you do not have an account, enroll today at MyChart.PrismaHealth.org. Doing so will allow the hospital to be prepared for your arrival. Once you preregister, you can call the hospital

Billing Office at 864-454-2294 for information on the hospital cost for your delivery. The representative there can set you up on a payment plan, if you desire.

### 18- to 20-week visit

- This is a good visit to include your partner or any other family members as we will complete the anatomy ultrasound and let you know the sex of the baby (if you did not have the optional sex scan, and if you want to know).
- If you are having a boy, start thinking about whether you plan to circumcise. If so, the pediatrician should perform this procedure before you and your baby leave the hospital (check your insurance benefits on coverage).
- We will review information on preregistering with the hospital, choosing the baby's pediatrician, taking prenatal classes, making your birth plan, installing car safety seats and setting up the baby's nursery.

### 24- to 28-week visit

- You will drink a glucola drink and have your blood drawn. We will draw your blood to test for gestational diabetes and CBC.
- Have you thought about whether you will breastfeed? If not, now is a good time to start thinking about it.
- If you are planning to breastfeed, check with your insurance company about whether you can be reimbursed for a breast pump. We can print a letter at your next visit that you can send to your insurance company.
- If you are Rh-negative blood type, you will receive a Rhogam shot at this visit.
- Your full global fee is due at this time.

### 30- to 34-week visits (you will now have appointments every 2 weeks)

- You should know your glucola results by this visit.
- You will receive a Tdap injection (tetanus, diphtheria and pertussis/whooping cough) at this visit per CDC recommendations.

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- We will review information on packing for the hospital, signs of labor and what to do, what to expect during your hospital stay, breastfeeding and the GBS swab, which we will complete at your next visit.
- If you are having a scheduled C-section, you'll need to make sure it's scheduled with the hospital.
- You should receive a packet of information from the office OB educator about your C-section.

### **35- to 36-week visit**

- Expect to get undressed from the waist down for your provider to do your GBS swab.
- We will check to see if the baby is head down.
- A CBC and HIV screen will be drawn at this visit.

### **37- to 40-week visits (you will now be coming weekly for appointments)**

- We may check your cervix each week for dilation if you are planning to have a vaginal delivery.
- Expect to get undressed from the waist down at these visits.

### **40- to 41-week visits (if you haven't already delivered)**

- Expect to discuss options for delivery with your doctor.

### **Postpartum visit**

- You will need to schedule an appointment to see us 6 weeks after delivery for your postpartum visit.
- At this visit, plan to get undressed for a breast and pelvic exam.
- We will review information about your postpartum care at home.
- Following your delivery, if you experience any breast issues or issues with postpartum blues or depression, please call our office at once.
- Remember, we always have a nurse on call after hours who can help you.

### **If you have any questions, please call us:**

**Memorial Medical Drive: 864-295-4210**

**Verdae Boulevard: 864-522-3260**

**West Georgia Road: 864-454-5200**