



## **Congratulations on your exciting new addition!**

We are so glad you have chosen our practice to care for you and your baby. We are ready to provide you with exceptional, personalized care through this amazing time.

We have a number of services and resources available to you during your prenatal care, and we are looking forward to seeing you and your baby grow!

## **You may have already experienced some of the following...**

Breast tenderness | Nausea and/or vomiting | Urinary frequency | Constipation  
Fatigue | Skin changes | Increased vaginal discharge | Uterine cramping

## **Testing at your first ob appointment...**

CBC to check iron stores and for infection | Blood typing | Hepatitis B | Rubella to check for immunity to German Measles | RPR to check for syphilis exposure | HIV/AIDS exposure | Sickle Cell screening (if applicable) | Gonorrhea and Chlamydia cultures | Pap smear and pelvic exam | urinalysis to check for infection, blood, protein, and sugar | Urine culture | TSH (thyroid) | Hemoglobin A1C (for pre-diabetes) | Ultrasound

## **About you...**

This may be a difficult trimester; you may experience symptoms of pregnancy, and even though you do not look pregnant yet, you sure feel pregnant! It is important to continue taking your prenatal vitamins, eat healthy, and keep your fluid intake up. Gaining 25-35 pounds during pregnancy is preferred, and a little more if you are underweight, and a little less if overweight. At this stage, exercise and sexual intercourse are perfectly safe. If you are a smoker, please talk to your provider about how to stop, the sooner the better for both you and your baby.

## **About Baby...**

Your baby has changed rapidly already! It is implanted into the thick endometrial lining- the tissue lining the uterus. The placenta is forming, and all of baby's major organ systems are formed. Baby's head is much larger than its body, the heart is completely formed, and fingers and toes are present. At week 8, your baby is about 3/4 of an inch long (about the size of a pinto bean or gummy bear)

## Going Forward...

We see you every 4 weeks from now until 28 weeks, then every 2 weeks until 36 weeks, then weekly until birth. At each appointment we get:

Blood Pressure | Weight | Fetal Heart Tones | Urine dip

Other "special visits" include 20 week, 28 week and the 37 week appointments.

**20 Week:** Anatomy Ultrasound. You will get to see your growing baby again, and we will take measurements to ensure baby is growing properly.

**28 Week:** We will get the GTT (glucose tolerance test). You will come in fasting (no food or drink except water for 8-10 hours). We will get fasting blood tests, then you will have 5 minutes to drink a glucose solution. We will then draw your blood again after 1 hour, then after 2 hours. You will see a provider during your time waiting.

GTT | Hemoglobin | Antibody Screen | RPR

**37 Week:** We will get the final ultrasound. We will also draw more blood work looking for:

HIV | Hepatitis B | RPR | Group Beta Strep Test (swab)