This chart outlines the services that are generally provided at each visit during the course of a woman's pregnancy. If you’re planning to become pregnant, we recommend that you speak with your doctor about your health and lifestyle to make sure that your pregnancy is as healthy as it can be.

<table>
<thead>
<tr>
<th>Exam Frequency</th>
<th>Services/Screening Tests</th>
<th>Counseling and Education</th>
<th>Immunizations</th>
</tr>
</thead>
</table>
| VISIT 1 6 to 8 Weeks | • Risk profiles  
• Height and weight  
• OB history and physical  
• CBC (complete blood count)  
• Rubella (German measles)  
• Varicella (chicken pox)  
• Rh factor | • Urine culture  
• Hepatitis C/HIV  
• Sickle cell  
• Pap smear  
• Sexually transmitted diseases  
• Thyroid screening | • Lifestyle/nutrition  
• Warning signs  
• Course of care  
• Body changes during pregnancy  
• Testing for risks in pregnancy | • Smoking cessation  
• Alcohol and drug abuse  
• HIV | • TD (tetanus/diphtheria) booster  
• Nutritional booster (if needed)  
• Hepatitis B (if needed) |
| VISIT 2 12 Weeks | • Weight  
• Blood pressure | • Fetal heart tones | • Breast-feeding  
• Body mechanics | |
| VISIT 3 16 to 18 Weeks (Monthly) | • Weight  
• Blood pressure  
• Fetal heart tones | • Screening for possible birth defects  
• Sonogram (optional)  
• Uterus height | • Second-trimester growth  
• Baby movement  
• Lifestyle | • Body changes during pregnancy | |
| VISIT 4 22 Weeks (Monthly) | • Weight  
• Blood pressure | • Fetal heart tones  
• Uterus height | • Preterm labor signs  
• Prenatal classes  
• Family issues | • Length of stay  
• Diabetes  
• Rhogam | |
| VISIT 5 and 6 28 and 30 Weeks (Every 2 Weeks) | • Assess infectious disease risk  
• Preterm labor risk  
• Weight  
• Blood pressure  
• Fetal heart tones  
• Uterus height | • Diabetes with pregnancy  
• Domestic abuse screening  
• Rh antibody status  
• CBC and platelets | • Work activity  
• Physiology of pregnancy  
• Preregistration  
• Fetal growth  
• Awareness of fetal movement | • Preterm labor symptoms  
• Repeat cesarean section vs. vaginal birth after cesarean – risks and benefits | • Rhogam  
• Influenza |
| VISIT 7 and 8 32 Weeks (Every 2 Weeks) | • Weight  
• Blood pressure | • Fetal heart tones  
• Uterus height | • Travel  
• Sexuality  
• Pediatric care  
• Episiotomy | • Labor/delivery issues  
• Warning signs/pregnancy-induced hypertension | |
| VISIT 9 and 10 36 Weeks (Every 2 Weeks) | • Weight  
• Blood pressure  
• Fetal heart tones | • Uterus height  
• Confirm fetal position  
• Culture for group B strep | • Postpartum care  
• Management of late pregnancy symptoms | • Contraception  
• When to call provider | |
| VISIT 11 to 13 38 to 41 Weeks (Weekly) | • Weight  
• Blood pressure  
• Fetal heart tones | • Uterus height  
• Vaginal exam | • Postpartum vaccinations  
• Infant CPR | • Post-term management  
• Labor and delivery update | |
| Postpartum Visit, 4-6 Weeks After Delivery | • Interval history  
• Weight  
• Blood pressure  
• Breasts | • Abdomen  
• Pelvic examination  
• Episiotomy repair | • Uterine involution  
• Emotional status  
• Contraception | |

These guidelines are an overview of what pregnant women should expect at each prenatal visit. They are a framework for the evaluation, care and medical treatment of expectant mothers. They should not be considered a replacement for judgment of a doctor or other health care professionals.

*Note: Your pediatrician is also trained to help you seek the support and resources you need should you believe you are struggling with post-partum depression (reflecting Legislation to Provide Support for New Mothers and Families in New York state, signed into law in 2014.)