

Prenatal Care Guidelines

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.

Exam Frequency	Services/Screening Tests	Counseling and Education	Immunizations		
VISIT 1 6 to 8 Weeks	<ul style="list-style-type: none"> Risk profiles Height and weight OB history and physical CBC (complete blood count) Rubella (German measles) Varicella (chicken pox) Rh factor 	<ul style="list-style-type: none"> Urine culture Hepatitis C/HIV Domestic abuse Sickle cell Pap smear Sexually transmitted diseases Thyroid screening 	<ul style="list-style-type: none"> Lifestyle/nutrition Warning signs Course of care Body changes during pregnancy Testing for risks in pregnancy 	<ul style="list-style-type: none"> Smoking cessation Alcohol and drug abuse HIV 	<ul style="list-style-type: none"> TD (tetanus/diphtheria) booster Nutritional supplements (if needed) Hepatitis B (if needed)
VISIT 2 12 Weeks	<ul style="list-style-type: none"> Weight Blood pressure 	<ul style="list-style-type: none"> Fetal heart tones 	<ul style="list-style-type: none"> Fetal growth Review lab results 	<ul style="list-style-type: none"> Breast-feeding Body mechanics 	
VISIT 3 16 to 18 Weeks (Monthly)	<ul style="list-style-type: none"> Weight Blood pressure Fetal heart tones 	<ul style="list-style-type: none"> Screening for possible birth defects Sonogram (optional) Uterus height 	<ul style="list-style-type: none"> Second-trimester growth Baby movement Lifestyle 	<ul style="list-style-type: none"> Body changes during pregnancy 	
VISIT 4 22 Weeks (Monthly)	<ul style="list-style-type: none"> Weight Blood pressure 	<ul style="list-style-type: none"> Fetal heart tones Uterus height 	<ul style="list-style-type: none"> Preterm labor signs Prenatal classes Family issues 	<ul style="list-style-type: none"> Length of stay Diabetes Rhogam 	
VISIT 5 and 6 28 and 30 Weeks (Every 2 Weeks)	<ul style="list-style-type: none"> Assess infectious disease risk Preterm labor risk Weight Blood pressure Fetal heart tones Uterus height 	<ul style="list-style-type: none"> Diabetes with pregnancy Domestic abuse screening Rh antibody status CBC and platelets 	<ul style="list-style-type: none"> Work activity Physiology of pregnancy Preregistration Fetal growth Awareness of fetal movement 	<ul style="list-style-type: none"> Preterm labor symptoms Repeat cesarean section vs. vaginal birth after cesarean – risks and benefits 	<ul style="list-style-type: none"> Rhogam Influenza
VISIT 7 and 8 32 Weeks (Every 2 Weeks)	<ul style="list-style-type: none"> Weight Blood pressure 	<ul style="list-style-type: none"> Fetal heart tones Uterus height 	<ul style="list-style-type: none"> Travel Sexuality Pediatric care Episiotomy 	<ul style="list-style-type: none"> Labor/delivery issues Warning signs/pregnancy-induced hypertension 	
VISIT 9 and 10 36 Weeks (Every 2 Weeks)	<ul style="list-style-type: none"> Weight Blood pressure Fetal heart tones 	<ul style="list-style-type: none"> Uterus height Confirm fetal position Culture for group B strep 	<ul style="list-style-type: none"> Postpartum care Management of late pregnancy symptoms 	<ul style="list-style-type: none"> Contraception When to call provider 	
VISIT 11 to 13 38 to 41 Weeks (Weekly)	<ul style="list-style-type: none"> Weight Blood pressure Fetal heart tones 	<ul style="list-style-type: none"> Uterus height Vaginal exam 	<ul style="list-style-type: none"> Postpartum vaccinations Infant CPR 	<ul style="list-style-type: none"> Post-term management Labor and delivery update 	
Postpartum Visit, 4-6 Weeks After Delivery					
<ul style="list-style-type: none"> Interval history Weight Blood pressure Breasts 	<ul style="list-style-type: none"> Abdomen Pelvic examination Episiotomy repair 	<ul style="list-style-type: none"> 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.)*

