



What to Expect *Your OB Visits Explained*

- Routine OB care typically consists of 12-13 routine visits *
- New OB appointment – Suggested 10-12 weeks (Visit # 1)
 - You will have a head to toe physical including a pap smear if needed. You can anticipate routine blood work that includes a complete blood count, blood type, screening for immunity to Rubella and Hepatitis B and state mandated screening for HIV, Syphilis, Gonorrhea and Chlamydia.
 - Additional blood work may be needed if you have any prior or current risk factors that may complicate the pregnancy.
- Routine OB visits are every 4 weeks in the first and second trimester (Visits #2-4)
- Routine OB appointments are every 2 weeks from 28 – 36 weeks (Visits # 5-9)
- Routine OB appointments are weekly starting at 36 weeks until your due date. (Visit # 10-13)
- Optional testing
 - Non-invasive prenatal testing – Any time after 10 weeks
 - Nuchal Translucency Fold measurement ultrasound – 11 ½ - 13 ½
 - Maternal carrier trait testing – Anytime
- Routine diabetes screening is typically scheduled between 24- 28 weeks
- Routine anatomy ultrasound is scheduled between 18-20 weeks

OB Visit Scheduling Tool

Visit	Suggested Weeks	Your Weeks	Date	Visit	Suggested Weeks	Your Weeks	Date
#1	10-12			#8	33-34		
#2	13-17			#9	35-36		
#3	18-20			#10	37		
#4	21-24			#11	38		
#5	25-28			#12	39		
#6	29-30			#13	40		
7	31-32			<i>*The final number of OB visits will ultimately be determined by the clinical needs of the individual</i>			
Notes:							