



Kansas City

# YOUR PREGNANCY APPOINTMENT HANDBOOK

Prenatal checkups are one of the best ways to keep on top of your health now. What exactly happens during these medical appointments? Our helpful guide will walk you through it all.





## The first prenatal visit

It's important to call your ob-gyn as soon as you think you may be pregnant and make an appointment. This will be the longest visit. Here's what may happen:

- **You'll find out your due date.**  
To figure that out, your provider will ask for the first day of your last period, or you'll have an ultrasound.
- **You'll have a full physical exam,** including a Pap smear. That way, your provider can check for any health conditions, including sexually transmitted infections.
- **Your doctor will talk to you about the prenatal tests you'll be getting.**
- **You'll get blood and urine tests.** Your doctor will check your blood pressure too.
- **Your provider will ask about any health conditions you have,** like diabetes or depression. You'll also be asked what medications you take. Your provider will want to know about any past pregnancies and certain habits, such as drinking or smoking.
- **You'll get a prescription for a prenatal vitamin** that you'll take every day. This ensures you get enough folic acid to help prevent birth defects.
- **You might get vaccinations,** like a flu or Covid-19 shot.

### We're here to help

The free Blue KC Care Management app makes it easy to access pregnancy support. Download it from the App Store or Google Play. Use the access code *kclinksupport* to get started. Prefer to talk? Call **816-395-2060**. Calls will be returned no later than the next business day.

### MY NOTES

Questions I want to ask:

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My health conditions:

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Medications I'm taking:

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### How many appointments?

Expect to have at least 15 visits with your ob-gyn during your pregnancy.

<b>Weeks 4 to 28</b>	Once every 4 weeks
<b>Weeks 28 to 36</b>	Once every 2 weeks
<b>Weeks 36 to 41</b>	Once a week



## Your other prenatal care checkups

Later appointments with your ob-gyn are usually shorter than the first one. At these appointments, your provider will:

- ✓ **Measure your belly**
- ✓ **Give you a urine test**
- ✓ **Listen to your fetus's heartbeat** (after week 10)
- ✓ **Check your blood pressure and your weight**
- ✓ **Ask if you've felt your baby move**, and how often
- ✓ **Give you a Tdap vaccine** (sometime during weeks 27 to 36)
- ✓ **Give you pelvic exams** as you get closer to your due date

## The screening tests you need during pregnancy

Besides all those medical checkups, there are other tests. Here are some common ones:

	WHAT IT TESTS FOR	WHEN IT'S DONE
<input type="checkbox"/> <b>First trimester blood test</b>	Certain infections, like HIV, STIs, and hepatitis B that can be serious to your developing fetus. It is also used to find out your blood type and Rh factor.	Usually during the first visit
<input type="checkbox"/> <b>Ultrasound</b>	Your provider will be able to see how your baby is developing or if there are any health conditions. You'll get a look too! You may get more ultrasounds later when it's closer to your due date.	Usually around week 18 to 22
<input type="checkbox"/> <b>Glucose screening</b>	Gestational diabetes. You'll drink a syrupy liquid and then get a blood test. If your blood sugar is higher than expected, your doctor will talk to you about what to do. Gestational diabetes can cause pregnancy complications.	Between 24 and 28 weeks
<input type="checkbox"/> <b>Group B strep test</b>	Your provider will swab your vagina to check for bacteria that can make your newborn sick after labor and delivery.	Between 36 and 38 weeks

Appointment 1	Date: _____
Appointment 2	Date: _____
Appointment 3	Date: _____
Appointment 4	Date: _____
Appointment 5	Date: _____
Appointment 6	Date: _____
Appointment 7	Date: _____
Appointment 8	Date: _____
Appointment 9	Date: _____
Appointment 10	Date: _____
Appointment 11	Date: _____
Appointment 12	Date: _____
Appointment 13	Date: _____
Appointment 14	Date: _____
Appointment 15	Date: _____

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