

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:

My health conditions:

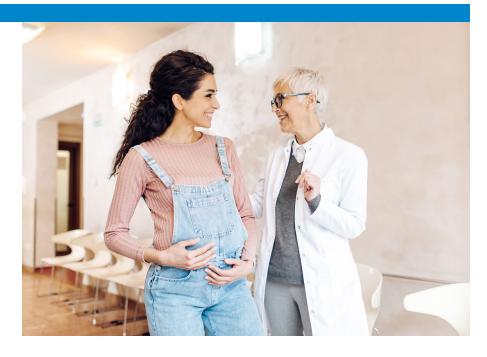
Medications I'm taking:

How many appointments?

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

Weeks	Once every
4 to 28	4 weeks
Weeks	Once every
28 to 36	2 weeks
Weeks 36 to 41	Once a week

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The screening tests you need during pregnancy

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

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

	WHAT IT TESTS FOR	WHEN IT'S DONE
First trimester blood test	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
Ultrasound	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
Glucose screening	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
Group B strep test	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

MY APPOINTMENT TRACKER

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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at your	fingertips

Download the free Blue KC Care Management app to stay connected with your maternity provider. Available from the App Store or Google Play. Just use access code *kclinksupport* to get started. Do you prefer to talk? Call **816-395-2060**. Calls will be returned no later than the next business day.

MY	NOTES 8	QUES	TIONS	

Sources: March of Dimes; American College of Obstetricians and Gynecologists Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association.

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