

What to expect at each prenatal visit

Welcome!

We're pleased to have the opportunity to care for you during your pregnancy. This is a very exciting and demanding time in a women's life and also can be very stressful. We have developed this information sheet to help you understand what will happen at each of your prenatal visits and to help you keep track of when you should be seen by your physician. Questions are always welcome and encouraged. We look forward to these next several months and will strive to make this time one of the most memorable of your life!

Schedule of visits

Prenatal care is designed to optimize maternal and infant outcomes by identifying risk factors and complications as early as possible. To accomplish this, regular visits are scheduled with increasing frequency as you approach your due date. You can expect to be seen in the office with the frequency shown below:

Week

8-13*	Initial visit with doctor and nurse including paperwork, complete examination, prenatal lab work, establishment of due date and genetic screen (if desired)
16	Routine check plus genetic screen (if desired)
20	Routine check plus ultrasound (if needed)
24	Routine check
28	Routine check plus diabetes screen. Plan to be here for at least one hour (no special prep is needed for this test). Please schedule ALL of your remaining appointments through to your delivery date.
32	Routine check
34	Routine check
35-36 obtained)	Routine check plus Group B strep screen (a vaginal swab is
37	Routine check plus cervical exam for dilation and effacement

- 38 Routine check (cervical exam as indicated)
- 39 Routine check (cervical exam as indicated)
- 40 Routine check (cervical exam as indicated)

Before leaving the hospital, please call our office and schedule your six week postpartum visit.

This visit will include taking a complete history and physical examination.

*You will need to bring a urine specimen to each appointment. Please bring it to the exam room with you.

Due date

Your due date will be established at one of your first prenatal visits. It is usually based on the first day of your last menstrual period. Occasionally, when a women's last menstrual period is unknown or uncertain, an ultrasound is used to establish a due date. Due dates are almost always most accurate when established earlier in the pregnancy. Once established, your due date will almost never change. Your doctor will discuss this with you at your first prenatal visit.

Phone calls

Your questions are always welcome. To reach us during regular office hours, please call 316-636-1550, regardless of which office you visit. The receptionist will send a message to the nurse and a return call will be made to you by the end of the day, or the following day if you call after 4 p.m. Pregnancy is a normal process and you should relax as much as possible. If you think of questions between visits, write them down and bring them to your next appointment.

An emergent call will be returned as soon as possible. One of the physicians or staff will be available for phone calls from 5 p.m. to 8 a.m. the next day. After hours, please call the Via Christi Operator at 316-268-5000. For emergency needs prior to 20 weeks gestation, please go to the Emergency Room. For emergency needs after 20 weeks gestation, please go to the Via Christi NewLife



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Center at Via Christi Hospital, 3600 E. Harry. If it is a life-threatening situation, please call 911.

Narcotics and birth control medications are not called in after hours or on the weekend. If you are in pain, please refer to the note above depending on how far along you are in your pregnancy and go to the Emergency Room or to the NewLife Center.

Partner coverage

Our physicians cover for each other from 5 p.m. to 8 a.m. the next day, as well as on weekends.

Our physicians are all OB/GYN physicians and will be happy to answer any question you may have. In addition, there will always be an OB/GYN available in the NewLife Center. These physicians are called laborists and are available 24 hours a day, seven days a week.

Reschedule and delays

Due to the unpredictability of a baby's arrival, there will occasionally be delays in your appointment time and even the need to reschedule appointments. We will always make every effort to keep these situations at a minimum. We recognize that your time is valuable and we sincerely apologize in advance for any unscheduled deliveries or emergencies that interfere with your scheduled appointment.