



The Center for Women

Obstetrics & Gynecology

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My Prenatal Guide

Visit Schedule

Every 4 weeks up to 26 weeks
Every 2-3 weeks up to 36 weeks
After 36 weeks, every week until delivery

Initial Visit

Interview – History
Physical Exam – Pap Smear
Listen to fetal heart tones
Urine specimen check
Brochure on Quad Screen (for incomplete development of fetal brain and/or spinal cord,
Down's Syndrome)
Brochure for Cystic Fibrosis screening
Blood draw for lab
Complete blood count
Blood type and Rh factor
RPR (syphilis screening)
Rubella antibodies (measles)
Atypical antibody screen (indirect coombs)
HBsAG (Hepatitis B)
Urine culture and colony count (screen for bacteria and pathogens)
HIV

Patient needs to contact insurance to begin pre-certification for admission when ready to delivery

Following visits

Each routine visit includes:

Urine specimen check
Weight
Blood pressure
Measure fundus (babby's growth)
Fetal heart tones

16th-18th Week:

Routine visit
Blood draw for lab (if patient wishes to have Quad screen)

20th Week:

Routine visit
Ultrasound (for gestational age and fetal sex, if visualized – drink at least 32 ounces of water)

24th-28th Weeks:

Routine visit
One hour Glucose Tolerance Test (GTT – patient drinks 5 oz. of Glucola at the office and goes to lab for blood draw exactly one hour later)
Make appointment for classes at BRMC*

28th Week:

Routine visit
RhoGAM injection (if indicated)

30th Week:

Routine visit Sign tubal ligation papers (if sterilization is desired)
Pre-register at hospital

34th-36th Weeks:

Routine visit
Ultrasound in office (\$50.00 pre-pay required)
Culture for Group Beta Strep

37th-40th Weeks:

Routine visit
Check for cervical dilation

Prenatal Medications

Colds:

Sudafed, Chlor-Trimeton, Chloraseptic Spray, Robitussin, Benadryl, Claritin

Headache:

Tylenol, Extra-Strength Tylenol, Tylenol Sinus, Tylenol P.M., Benadryl

Constipation:

Take prenatal vitamin every other day until normal bowel function returns
Milk of magnesia, if severe
Metamucil, Citucel, Fibercon daily

Diarrhea:

Kaopectate (**one dose only**), Immodium AD

Morning Sickness:

Soda crackers, Emetrol, Vitamin B6, Ginger

Heartburn or indigestion:

Tums, Mylanta, Riopan Plus, Zantac

Yeast infections:

Gyne-Lotrimin, Monistat

Hemorrhoids:

Tucks

If symptoms persist or you have questions, please call our office at (870) 425-7300.

*Classes offered at BRMC: Childbirth, Review Childbirth, Sibling and Breast Feeding. Call the Women's Health Education Center at (870) 508-2349 for appointment at 27 weeks into your pregnancy.