

Pregnancy Appointment Checklist

Congratulations on your pregnancy!

Confirmation of your pregnancy is usually at 4–6 weeks (from the first day of your last normal period).

Here is a list of your upcoming prenatal appointments & testing:

□ 6–11 weeks

- Dating ultrasound may be done if there is uncertainty about dates. Goal: to determine an accurate due date

□ 8–10 weeks

- Complete early pregnancy blood work

** Schedule prenatal visits every 4 weeks until 28 weeks **

□ 11–13 weeks

- OPTIONAL Enhanced First Trimester Screening (eFTS) (previously called “IPS”)
 - Ultrasound and blood work
- ** Done on the same day **

Purpose of eFTS: – to determine your chance of having a baby with Trisomy 18 or Trisomy 21 (Down Syndrome)

** eFTS is an optional screening tool. Please discuss this with your healthcare provider **

□ 19–21 weeks

- Anatomical Ultrasound: – to examine anatomical development
- If desired, will attempt to determine gender (not revealed at ultrasound)

□ 24–28 weeks

- Blood test (50–gram screen) for gestational diabetes. You will have blood work, then will be asked to drink a sugary drink, stay at the lab for 1 hour, and then have blood drawn again.
Anytime of day, NOT FASTING
- If this test is abnormal, you may be asked to complete further testing

** Schedule prenatal visits every 2–weeks from 28–36 weeks **

□ 28 weeks

- If you have a blood type that is Rh negative, you will require a blood test and an injection

□ 30–40 weeks

- You will be seeing an Obstetrician (OB) or Family Physician who specializes in obstetrics (FP–OB)

** Schedule WEEKLY prenatal visits with OB or FP–OB from 36–40 weeks **

AFTER DELIVERY

□ 2–5 days after discharge from the hospital

- Bring baby to your family doctor

□ 6–8 weeks post delivery

- Follow up with Family Physician or OB/FP–OB for checkup, Pap test (if due), and discussion regarding birth control plan