



6–10 weeks gestation: Confirmation visit

- Ultrasound to confirm your due date.
- Getting you up to date on any gynecologic cancer screenings.
- Homework:
 - Familiarize yourself with our website: <https://alwomens.com/>
 - Read the Dos and Don'ts under our 'Pregnancy' tab.
 - Always start on our 'Pregnancy' or 'Research Guide' tab if you want to do an internet search. Links from these tabs will get you to reliable and accurate information.
 - *You cannot depend on Google searches or social media feeds for reliable and accurate information.*

10–14 weeks gestation: Initial OB visit

- Ultrasound
- Bloodwork:
 - <https://www.acog.org/womens-health/faqs/routine-tests-during-pregnancy>
- Vaginal swab (if it wasn't done at your confirmation visit)
- We will discuss and offer Noninvasive Prenatal Screening and Carrier Testing.
 - Please try and remember if you've had carrier testing in the past so we don't duplicate that testing. It would have been carrier testing for things like cystic fibrosis, fragile X, and spinal muscular atrophy (SMA).
 - <https://unityscreen.com/patients/>

15–20 weeks gestation: Prenatal Genetic Screening

- You may have one or two visits in this timeframe depending on the timing of your last visit.
- Anatomy ultrasound between 18 and 22 weeks gestation:
 - <https://www.acog.org/womens-health/faqs/ultrasound-exams>
- Quad screen (if you didn't do Noninvasive Prenatal Screening) or Alpha Fetoprotein (if you already did Noninvasive Prenatal Screening):
 - <https://www.acog.org/womens-health/faqs/prenatal-genetic-screening-tests#:~:text=The%20quad%20test%20screens%20for,abdomen%2C%20heart%2C%20and%20limbs>
- Prepare for your 24–27 week gestation visit by receiving a 50g glucose drink with instructions on the bottle.

24–27 weeks gestation: Gestational Diabetes and Anemia Screening

- One-hour glucose tolerance test to screen for gestational diabetes.
 - Please make an early morning appointment. Do not eat or drink anything with carbohydrates or sugars after midnight the night before and have a protein breakfast the morning of your appointment. Drink the drink we gave you at your last appointment 30–45 minutes before your appointment time. Be sure to drink it all within 5 minutes and make a note of the exact time that you finished the drink. We will draw your blood one hour later. You may bring a snack to eat after the blood draw if you would like.
- Complete blood count
- Homework to prepare for next visit:
 - Review our birthing preferences guide under the 'Pregnancy' tab on <https://alwomens.com/>
 - Watch the tour of Brookwood Women's Hospital: <https://www.youtube.com/watch?v=hTzICmlQqYw>
 - Sign up for any classes you wish to take: <https://www.baptisthealth.com/services-and-specialties/womens-care/events>

28–35 weeks gestation: Discussion of different topics and birthing preferences

- Discuss Alabama Women’s Specialists birthing preferences document: <https://alwomens.com/>
- Discuss any questions that came up during classes or while reviewing websites.
- Administration of Tdap: <https://www.acog.org/womens-health/faqs/the-tdap-vaccine-and-pregnancy>
- 3rd trimester HIV and syphilis tests
- Specific discussion topics:
 - 28 weeks: Fetal movement: <https://countthekicks.org/>
 - 32 weeks: Cord blood donation and delayed cord clamping. Depending on the season, RSV vaccination.
 - <https://www.lifesouth.org/cord-blood-bank/about-us/>
 - <https://www.acog.org/news/news-releases/2016/12/acog-recommends-delayed-umbilical-cord-clamping-for-all-healthy-infants>
 - <https://www.acog.org/womens-health/experts-and-stories/ask-acog/should-i-get-the-rsv-vaccine-during-pregnancy>
 - 34 weeks: Breastfeeding and birth control plans for after delivery
 - <https://www.acog.org/womens-health/faqs/breastfeeding-your-baby>
 - <https://www.acog.org/womens-health/faqs/postpartum-birth-control>

36 weeks gestation

- GBS screening: <https://www.acog.org/womens-health/faqs/group-b-strep-and-pregnancy>
- Baseline cervical exam
- Growth ultrasound
- Complete blood count
- Delivery planning questionnaire (breast pump order, 39 week induction/cesarean scheduling if desired, pre-registration instructions, etc.)
 - If you are interested in a 39 week induction, please review the ARRIVE trial. This study found favorable results for first-time mothers and infants that underwent 39 week induction of labor: <https://www.nejm.org/doi/full/10.1056/NEJMoa1800566>

37–38 weeks gestation

- Cervical exams if indicated or desired
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39–40 weeks gestation

- Delivery planning for 41 weeks if no labor beforehand.
 - <https://www.acog.org/womens-health/faqs/when-pregnancy-goes-past-your-due-date>
 - <https://www.acog.org/womens-health/faqs/labor-induction>