

## What to expect at your Obstetrical Appointments

Your first visit will take more time than the rest of your obstetric appointments. Appointments are dependent on your specific situation. Generally after you have a positive home pregnancy test, you will be scheduled for a confirming appointment where labs and exams are performed, as well as a sonogram depending on the date of your last menstrual period. If your pregnancy was confirmed by labs or a urine pregnancy test at another office you will be scheduled for a New OB Appointment with labs, an exam and a sonogram depending on the dates. It is preferable to schedule your first appointment between 6 to 10 weeks from your last menstrual period in order that the pregnancy is far enough along to see a heartbeat. These appointments will be determined when you first call the office. If you have pre-existing medical conditions such as Diabetes or High Blood Pressure you should speak with your doctor's nurse to ascertain whether other laboratory tests are needed.

After a confirmation appointment you will be scheduled to return in a few weeks for a new OB appointment where you will meet with your doctor's nurse to review further information, familiarize you with our office and staff, and to answer your questions in more detail as needed. The nurse will take a more detailed medical and genetic history. The nurse will also need a urine sample at every appointment to check for glucose, protein, nitrites and leukocytes throughout the length of the entire pregnancy. Simply write your name on the sample cup and place in the metal receptacle in the wall.

Your first appointment labs will include a complete blood count (CBC) to look for anemia, blood type and RH, an antibody screen, Rubella titer, RPR (syphilis check), Hepatitis B antibody screen, HIV and a urine culture. If any results are abnormal you will get a call by your doctor's nurse who will explain treatment and call out any medications if necessary. Normal results are sent to you by email that connects to our website.

Your first appointment with the doctor, or nurse practitioner, will involve a complete physical evaluation which will include a pelvic examination to assess the growth of your uterus and the amount of room in your pelvis for the baby. At this time a PAP smear and bacterial cultures will be done.

It is fairly common for women to experience spotting or bleeding in the first trimester for a variety of reasons. **If you are a new patient and you have not ever been in our office for an appointment and you are experiencing spotting/bleeding; you must go to Round Rock Medical Center ER for a sonogram and evaluation.** This is especially important if you do not know your blood type and RH. A Negative RH requires a Rhogam injection in less than 72 hours after first spotting. If you are an established patient and have had spotting/bleeding, call our office to speak with your doctor's nurse. This too is especially important if you do not know your blood type and RH.

### PRENATAL CARE APPOINTMENTS

Your appointments (Return OB appointments) are typically every four weeks until your 28 week appointment which will include your screening Glucose Tolerance Test (GTT) and Hospital Registration. You will need to arrive "fasting" (nothing to eat or drink for eight hours) and plan on one hour for this appointment. You will be given a sugar drink to finish in five minutes or less. As soon as you have finished your drink, notify staff so they can start a timer. One hour later your blood will be drawn to evaluate how your pregnancy is handling carbohydrates. Should this result be 135 or over a definitive three hour Glucose Tolerance Test must be taken. Your doctor's nurse can explain this more fully. You are notified of normal results by email. Should there be any abnormal labs you will receive a call with instructions on further treatment.

After the 28 week appointment you will come for regular checkups (called a Return OB) every three weeks, then every two weeks and quickly shortening to every week during the last four weeks of your pregnancy. The weekly appointments (36-40 weeks gestation) will include physical exams to check for any dilation (widening) or effacement (thinning) of your cervix.

This is the usual course of prenatal care and is, of course, altered by your doctor or nurse practitioner should your medical needs necessitate; such as gestational diabetes, pre-term labor, high blood pressure or if you have twins or triplets. At any time during the course of your pregnancy should you experience any of the Warning Signs, please call as instructed. Your medical care and the healthy outcome of your pregnancy is our utmost concern and goal. Any further questions can be left on voice mail to your doctor's nurse to be returned as soon as they are able. These regular appointments and any necessary tests are very important. Should you need to cancel or reschedule, please call as soon as possible so we can adjust your appointment to the needed time frame as closely as we are able. Failure to respect and comply with medical advice may result in being removed from care and recommended to another physician.