

# Your prenatal appointment schedule for a healthy pregnancy and safe delivery

Maintaining a healthy lifestyle during your pregnancy will contribute to a healthier birth. Following a good prenatal care routine will help keep you and your baby strong and fit. It also will help you notice any symptoms of possible complications.

It's important to schedule an initial visit with your OB/GYN to confirm your pregnancy, if you haven't already done so. Your doctor will probably take urine and blood samples. A pelvic exam, pap smear or ultrasound also may be needed. Your prenatal routine will begin after your first visit.

SCREENING/ APPOINTMENT/TESTING	WHEN	HOW OFTEN	DETAILS
<b>Routine visits with your OB/GYN</b>	Starting at 8 weeks	Every 4 weeks until 36 weeks Every 2 weeks until 38 weeks Weekly until delivery	Your doctor will typically check your weight, blood pressure, test your urine, and check the baby's heartbeat. After the 20th week, your doctor will begin measuring the height of your uterus.
<b>Non-invasive Prenatal Testing (NIPT) &amp; First Trimester Labs</b>	10 weeks	Once	NIPT tests for Down syndrome and trisomy 18 and trisomy 13, chromosomal conditions associated with abnormalities.
<b>Nuchal Translucency (NT) Test</b>	12-13 weeks	Once	Measures the nuchal fold on the back of your baby's neck for possible chromosomal abnormalities.
<b>MSAFP Labs</b>	15-21 weeks	Once	Blood test that measures alpha-fetoprotein (AFP), a protein produced by the fetus' liver, to determine risks of a neural tube defect.
<b>Baby's Full Anatomy Scan</b>	20 weeks	Once	Ultrasound to check all parts of your baby's body for abnormalities.
<b>Third Trimester Screening/ Tests</b>	28 weeks	Once	May include glucose screening, non-stress test (NST) to check on the health of the fetus, and a contraction stress test to determine the effect of contractions on the baby.
<b>Group B Strep Test</b>	36 weeks	Once	Blood test to determine if you are infected with the group B streptococcus bacteria, which can cause serious infection in newborn babies.

*\*based on gestation*

Please check with your doctor if you have questions about any testing or screening offered. You may have a choice to accept or decline.

Reminder, pre-register to deliver at St. Francis Medical Center within the second trimester of your pregnancy. To pre-register, call (318) 966-3328.



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