



Prenatal Care Checklist

Congratulations on your pregnancy! We have prepared this checklist to inform you of what to expect during your visits with us. We encourage you to take an active role in your prenatal care by bringing this list in with you at every visit, as a means of both following along and generating discussion. Please note that the following points are just guidelines, and routines at other clinics may vary.

Preconception Visit (if applicable)

- Start folic acid supplementation - 1mg daily for the general public, 5mg daily for those at higher risk of neural tube defects or cleft lip/palate (e.g., those taking anticonvulsant medication or having a family history of neural tube defects)
- If diabetic, ensure blood sugars are under excellent control, using insulin if needed
- Check immunity to rubella (German measles) and receive vaccine if not already immune

First Prenatal Visit (Before 12 weeks)

- Confirm pregnancy if not already confirmed
- Estimate due date, book dating ultrasound if necessary
- Discuss how the obstetrical call group works
- Get "From Here To Maternity" and other handouts
- Get requisitions to have prenatal blood work done

Second Prenatal Visit (Before 12 weeks)

- Comprehensive prenatal history is obtained and lifestyle factors are discussed
- Discuss Genetic Screening and book First Trimester or Nuchal Translucency screen if desired and available
- Discuss and treat nausea if necessary

12 weeks

- Complete physical, including Pap and vaginal swabs
- Get requisition for routine 18-20 week ultrasound

16 weeks

- Review lab, Pap and if applicable, ultrasound results
- If genetic screening is desired and the Nuchal Translucency or First Trimester screen was not done, consider having maternal serum screen (MSS) done

20 weeks

- Review 18-20 week ultrasound results
- Discuss signs & symptoms of preterm labour
- Hospital pre-registration is sent off
- If applicable, discuss vaginal birth after Caesarian (VBAC) and refer for VBAC consult



24 weeks

- Get requisition for Gestational Diabetes Screen, as well as routine blood and urine tests
- If blood type is Rh (-), then get requisition to repeat blood antibodies

28 weeks

- Review lab results
- Get fetal movement count chart
- If blood type is Rh (-) then get Rhogam injection in office

30 – 34 weeks

- Routine visits every 2 weeks. Topics of discussion may include cord blood donation, prenatal classes and/or breastfeeding

36 weeks

- Do Group B Strep (GBS) Swab and have vaginal exam to confirm head is down
- If not head down (i.e., breech), discuss and arrange external cephalic version (ECV) to attempt to rotate baby to proper position
- Discuss when to go to hospital and what to expect in the delivery room
- Prenatal record is printed and given to patient

37 weeks

- Review GBS results

38 weeks – 39 weeks

- Routine weekly visits, watch and wait 😊

40 weeks (Due date)

- Check cervix, strip membranes if requested
- Book 41 week biophysical profile (BPP) ultrasound
- Consider booking induction for 41 weeks + 4days

41 weeks

- Review 41 wk BPP, book another BPP for 41 weeks + 3 days if needed
- Book induction if not already booked

Postpartum care:

We want to see your baby within the first **3-5 days of life** – please call the office as soon as you are discharged from hospital. We will then book follow-up baby checks as needed after the first visit.

If you have any concerns about your own health in the first 6 weeks, we will see you as needed – if you want to discuss your concerns at a well baby check, please let the staff know so that they can schedule enough time for this.



6 Week Postpartum Visit

- If you have had Diabetes in pregnancy, you will get a requisition to repeat your glucose tolerance test
- Full physical, including blood pressure, breast exam, and Pap test
- Discussion about postpartum adjustment and recovery
- Discussion about birth control
- If you were referred for prenatal care by your family doctor we will transfer care of you and the baby back at this point