

South Florida Women's Care  
Obstetrics & Gynecology



Welcome to our practice!  
Please know that we are a group practice and unless  
You have a scheduled C-section or induction, the doctor on call will deliver your  
baby. We deliver at Baptist Hospital ONLY.  
Tel. (305) 661-7766

## **PREGNANCY CALENDAR OF EVENTS**

### 4 – 11 WEEKS

- ✓ Initial visit
- ✓ History and physical exam
- ✓ Tests
  - Pap smear, sexually transmitted disease screening (STD) for Gonorrhea and Chlamydia
  - CBC, blood type and antibody screen, HIV, Syphilis, Hepatitis B, Herpes antibodies and possibly other tests on individual bases
  - Screening for some genetic diseases including sickle cell disease, cystic fibrosis and spinal muscular atrophy
  - Screening for fragile X. The most common cause of mental retardation
- ✓ Discussion of different screening options for chromosomal abnormalities (including Down Syndrome, trisomy 13, trisomy 18 and neural tube defects)
- ✓ Discussion of most common complaints in pregnancy
- ✓ Discussion about nutrition and weight gain

### 11 – 30 WEEKS

- ✓ Monthly visits (every 4 weeks)
- ✓ Monitoring of blood pressure
- ✓ Monitoring of weight gain
- ✓ Monitoring of fetal heart beat
- ✓ Measurement of “fundal height” or size of the uterus
- ✓ Test
  - Ultrasound for nuchal translucency. 11 – 13<sup>6/7</sup> weeks. For the detection of chromosomal abnormalities. It is usually paired with either first trimester, sequential screening or free fetal DNA
  - First trimester screening, free fetal DNA, or sequential screening. To aid in the detection of chromosomal abnormalities including Down Syndrome, trisomy 13 or trisomy 18
  - Chorionic Villi Sampling (CVS). 10 – 12 weeks. If needed to confirm suspicion of a chromosomal abnormality like Down Syndrome, trisomy 13 or trisomy 18
  - Amniocentesis. 10 – 15 weeks. If needed to confirm suspicion of a chromosomal abnormality like Down Syndrome, trisomy 13 or trisomy 18
  - Alpha-fetoprotein. 15 – 20 weeks. For the detection of neural tube defects (NTDs)
  - Anatomy ultrasound. 15 – 20 weeks. Ideally should be done between 16 and 18 weeks. It is at this time where you will have the opportunity of possibly finding out the sex of your baby
  - Gestational diabetes screening. 24 – 28 weeks. In our office it will be done at 26 weeks. You will be given a sweet drink and your blood will be tested 1 h later. You may eat prior to this test but is best if you don’t. If abnormal, a 3-hour glucose tolerance test will follow
  - If you are RH negative, antibody screen will be repeated and Rhogam administered at around 28 weeks
  - CBC. To detect anemia
  - STD screening. In the state of Florida, mandatory to be repeated at around 30 weeks

### 30 – 36 WEEKS

- ✓ Visits every 2 weeks
- ✓ Monitoring of blood pressure
- ✓ Monitoring of weight gain

- ✓ Monitoring of fetal heart beat
- ✓ Measurement of “fundal height” or size of the uterus
- ✓ Tests
  - Group B Streptococcus screening (GBS). 36 – 38 weeks.
  - GBS colonization is not a sexually transmitted disease (STD). Approximately 25% of all healthy women carry GBS bacteria. A woman may test positive at certain times and not at others. That’s why it is important for all pregnant women to be tested for GBS every pregnancy. A mother can pass GBS to her baby during delivery. The test involves a swab of both the vagina and the rectum. The sample is then taken to a lab where a culture is analyzed for any presence of GBS. Test results are usually available within 24 to 48 hours. If you test positive for GBS this simply means that you are a carrier. Not every baby who is born to a mother who tests positive will become ill. Receiving antibiotics during labor greatly decreases the chances of your baby developing early onset group B strep infection. Approximately one out of every 200 babies, whose mothers carry GBS and are not treated with antibiotics, will develop signs and symptoms of GBS disease, but only 1 in 4000 will if antibiotics are given. <http://americanpregnancy.org/pregnancycomplications/groupbstrepinfection.html>

### 37 – 40 WEEKS

- ✓ Visits every 1 week
- ✓ Monitoring of blood pressure
- ✓ Monitoring of weight gain
- ✓ Monitoring of fetal heart beat
- ✓ Measurement of “fundal height” or size of the uterus
- ✓ Pre-register at the hospital. You may get the packet from Maria DeLaTorre (our OB coordinator) or complete the pre-registration online <http://baptisthealth.net/en/health-services/pregnancy-and-childbirth/Pages/Maternity-Pre-Registration.aspx>
- ✓ If you are delivering via cesarean section your delivery will be at least at 39 weeks
- ✓ Tests
  - Cervical exam at 39 weeks of prior if necessary
- ✓ Watch for signs of labor
- ✓ Call the office (305) 661–7766 or go to Triage at Baptist Hospital, Lake Pavilion, 2<sup>nd</sup> floor if:
  - You have contractions every 5 minutes lasting 30 to 45 seconds for 1 hour

- You are experiencing bright red bleeding
- You are experiencing decreased fetal movement
- You notice a sudden gush of fluid or persistent leakage of fluid

#### 40 – 41 WEEKS

- ✓ Two visits in 1 week
- ✓ Tests
  - Non-Stress Test (NST) and Biophysical Profile (BPP). 40<sup>3/7</sup> weeks. This is intended to determine fetal health during the third trimester. The NST involves attaching one belt to the mother's abdomen to measure fetal heart rate, and another belt to measure contractions. Movement, heart rate and "reactivity" of heart rate to movement are measured for 20-30 minutes. If the baby does not move for a time during the test, it does not mean there is a problem; the baby may be asleep. A nurse may use a small "buzzer" to wake the baby for the remainder of the test. The ultrasound portion of the test is like any other obstetrical ultrasound performed during pregnancy. The ultrasound may take up to an hour, and the technician will watch for a variety of signs that are important in measuring the health of your baby. If these two tests are reassuring, we will continue to await on your labor
  - NST. 40<sup>5/7</sup> weeks.
- ✓ Induction or C/S. 41 weeks. If not delivered 1 week past your due date you will be scheduled for an induction or a C/S. This will be determined by the doctors on individual bases.

In women who are low risk, visits usually occur:

- ✓ Every 4 weeks until 28 weeks
- ✓ Every 2 weeks until 36 weeks
- ✓ Every week until delivery

Frequency of visits may increase if a pregnancy is determined to be high risk.