

South Florida Women's Care
Obstetrics & Gynecology



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
- ✓ Tests
 - Ultrasound for nuchal translucency. 11 – 13^{6/7} 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. 26 – 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-hr 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
- ✓ 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>
- ✓ Tests
 - Group B Streptococcus screening (GBS). 36 – 38 weeks. GBS is a type of bacteria that normally lives in the intestine, vagina, or rectal areas. 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>
- ✓ Pre-register at the hospital. You may get the packet from our OB coordinator or complete the pre-registration online
<http://baptisthealth.net/en/health-services/pregnancy-and-childbirth/Pages/Maternity-Pre-Registration.aspx>

36 – 40 WEEKS

- ✓ Visits every 1 week
- ✓ Monitoring of blood pressure
- ✓ Monitoring of weight gain
- ✓ Monitoring of fetal heart beat
- ✓ Measurement of fundal height (size of the uterus)
- ✓ If you are delivering via cesarean section your delivery will be scheduled
- ✓ Tests
 - Cervical exam at 39 weeks or prior if necessary
- ✓ Watch for signs of labor
- ✓ Call the office (305) 661–7766 or go to Triage at Baptist Hospital, Lake Pavilion, 2nd 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 ^{3/7} 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.
 - NST. 40 ^{5/7} 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.

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

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 attend your
delivery. We deliver at Baptist Hospital ONLY.
For emergencies call (305) 661-7766



TOPLINEMD
HEALTH ALLIANCE

Last reviewed: January 2021