



Women's Health for Life, Inc.

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BLOSSOM OBSTETRICS PROGRAM

1st appointment: Between 6-8 weeks

OB ASSESSMENT APPOINTMENT TO INCLUDE:

- Confirmation of pregnancy with urine pregnancy test if not previously confirmed
- How prenatal care visits are scheduled to include an ultrasound between 7-12 weeks and at 20 weeks of pregnancy
- Discussion of tests that will be ordered throughout the pregnancy. Routine lab work, glucose, HIV, noninvasive prenatal testing (NIPT)
- Nursing will discuss topics such as:
 - Travel
 - Exercise
 - Seat belt usage
 - Fluid intake
 - Breastfeeding
 - Vitamins
 - Delivery hospital
- Nutritional assessment form completed

THERE IS NOT AN OB ULTRASOUND DONE AT THIS VISIT UNLESS INDICATED BY A PHYSICIAN

****Depending on when you have your first visit you may have more visits in between your first visit and your routine 12 week visit. Fetal heart tones are not performed until your 12-week visit*****

12 WEEKS:

- Heart tones
- Lab results reviewed
- Pap smear (if needed), vaginal/breast exam done
- Urine dip

16 WEEKS:

- Heart tones
- Urine dip
- Discuss possible AFP (Quad screen) testing
- Counsel on weight gain (if applicable)
- Smoking cessation discussion (if applicable)
- Seatbelt usage

20 WEEKS:

- OB ultrasound w/sonographer in office
- Same day or a follow up visit-discuss ultrasound results
- Discuss AFP results (if applicable)
- Prenatal classes encouraged
- Prenatal visit:
 - Heart tones (on ultrasound)
 - Fundal height
 - Urine dip

24 WEEKS:

- Explain glucose tolerance test, blood count, and urine testing that should be done before 28 week visit
- Fetal kick counts discussed
- No smoking (if applicable)
- Discuss water intake and eating habits
- Seat belt usage
- Discuss Rhogam injection (if applicable)
- Traveling restrictions
- Prenatal visit:
 - Heart tones
 - Fundal height
 - Urine dip

28 WEEKS:

- Travel counseling
- Fetal movement discussed with kick count sheet given
- Preterm labor signs and symptoms discussed
- Prenatal classes encouraged
- Prenatal visit:
 - Heart tones
 - Fundal height
 - Urine dip
 - Bloodwork done if not done at an outside lab: one hour glucose, CBC, syphilis

32 WEEKS: Same as 28 weeks plus

- Discussion of pediatrician
- Circumcision discussion (if applicable)
- Prenatal classes encouraged
- Breast or bottle feeding

34 WEEKS: Same as 28 weeks plus:

- Smoking discouraged
- Travel discussed
- Reassurance given about delivery

36-40 WEEKS: Same as 28 weeks plus:

- Cervical exams
- Group B strep culture, gonorrhea/chlamydia culture done
- Labor instructions given
- Car seat for the baby discussion
- Review labor symptoms
- Delivery plan