

## Tripler Army Medical Center OB Clinic

Congratulations on your pregnancy! This is an exciting time in your life, and we know it can get a little overwhelming with all of your upcoming appointments. Here's a general guideline of what to expect during your pregnancy. Keep in mind, some things may change as you progress.

<b>6 – 8 Weeks</b>	<b>32 Weeks</b>
OB Registration Prenatal Vitamins Referrals/Consults Glucose Screening (if indicated) 1 <sup>st</sup> Trimester Breastfeeding Education	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Breast Pump Prescription Request Stork Parking Permit (34+ weeks)
<b>10 – 12</b>	<b>36 Weeks</b>
OB Physical (45 minutes) Checks: History & Physical Pap Smear if indicated Fetal Heart Tones Cystic Fibrosis screening (see pg 151, purple book)	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Tests: Group B Strep Culture Cervical Exam (if desired) Review: Labor Issues
<b>16 – 19 Weeks</b>	<b>38 Weeks</b>
Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height, Fetal Movement, Genetic Screening	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
<b>20 Weeks</b>	<b>39 Weeks</b>
OB Anatomy Ultrasound @ 20-24 weeks At the Antepartum Diagnostic Center (Mountainside Elevator 6 <sup>th</sup> floor)	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
<b>24 Weeks</b>	<b>40 Weeks</b>
Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height 28 week labs ordered (glucola/CBC) Cord Blood Donation reviewed	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height
<b>28 Weeks</b>	<b>41 Weeks</b>
Checks: Blood Pressure, Weight Fetal Heart Tones, Fundal Height Labs drawn and Glucose Screen Fetal Kick Counts Rhogam (if indicated) Review: Preterm Labor Precautions Sign up for L/D tour, Childbirth and Breastfeeding Education	Checks: Blood Pressure, Weight, Fetal Heart Tones, Fundal Height Cervical Exam Semi-weekly Non-Stress Test, Weekly AFI Schedule induction (if indicated)

Note: Twins clinic appointments are done in Antepartum Diagnostic Center (ADC) after OB PE or as indicated by Maternal Fetal Medicine Specialists.