

## Pregnancy Schedule

Congratulations on your pregnancy and welcome to Morning Star Obstetrics and Gynecology. We look forward to serving you during your pregnancy and beyond.

### Your Schedule

8 <sup>th</sup> week	Initial history, pelvic exam and nutrition/environmental risks discussed.
12 <sup>th</sup> week	Full history, full exam with Pap Test. Prenatal labs done or referral slip given. Genetic screens discussed.
16 <sup>th</sup> week	18-20 week ultrasound planned.
20 <sup>th</sup> week	Review ultrasound. Discuss travel plans. Physical activity restrictions discussed.
24 <sup>th</sup> week	Order Rhogam shot (if Rh neg). Discuss childbirth classes and preterm labor.
28 <sup>th</sup> week	Glucola, CBC, RPR.
32 <sup>nd</sup> week	Discuss lab results. Teach kick counts.
35 <sup>th</sup> week	Group B Strep culture done. Discuss breastfeeding and car seat preparation.
37 <sup>th</sup> week	Review labor signs. Discuss Natural Family Planning and other postpartum issues.
38 <sup>th</sup> week	Cervical check, if needed.
39 <sup>th</sup> week	Cervical check, if needed.
40 <sup>th</sup> week	Cervical check, if needed. Discuss scheduling induction.
41 <sup>st</sup> week	Discuss induction vs. further testing.
42 <sup>nd</sup> week	Induction may be postponed to this week only if the 41 <sup>st</sup> week exams are reassuring.

*This schedule may be adjusted at any time if you or your baby needs closer surveillance. Typically, normal lab results, ultrasounds and other tests will be discussed at the next prenatal visit. However, some results require immediate attention and you will receive a phone call.*

The above visits are considered part of your Global OB care. Care for non-pregnancy related issues like yeast infections and upper respiratory infections, must be billed as separate office visits. This treatment can be provided, but it is not covered under routine or Global OB care.

At every routine OB visit we will check your weight, blood pressure, urine and fetal heart tones. We will measure fundal height (uterine size) after 16 weeks.

Fathers, children and other family members or friends are encouraged to accompany moms at appointments. You may wish to plan ahead and use discretion for visits including a pelvic exam.

### Hospital

Dr. Leonard's patients may choose to deliver at Mercy Gilbert Medical Center or Chandler Regional Hospital. Dr. Leonard attends his own patients' deliveries, but does have back-up coverage for those times when it is needed.

### Office Procedures

Blood tests can be done in our office or at an outside lab facility, as determined by your insurance company. Prenatal blood work includes: CBC, blood type and Rh antibody screen, rubella titer, syphilis screen, hepatitis B screen and HIV (optional). A TB skin test will be performed as well. A hemoglobin electrophoresis may be done for women belonging to ethnic groups at risk for sickle cell disease or Thalessemia. Other tests will be offered based on your responses to the Family History & Genetic Screening Form.

Gonorrhea and Chlamydia cultures (optional) may be done at the time of the initial Pap.

**Ultrasounds** are NOT routinely covered in pregnancy by all insurances. If a medical problem exists, the ultrasound is typically covered. Patients are responsible for the cost of uncovered elective ultrasounds.

The 20 week sonogram includes an anatomic survey, including sex determination if possible, and due date confirmation. This does not mean you will deliver by that date, but it gives us a general delivery time frame. Ultrasounds to find out the sex of the baby can be performed in our office for an additional expense.