Schedule of Routine Prenatal Appointments and Tests

**First trimester:** Usually 2 appointments

6-8 weeks:  
**Prenatal interview** by a nurse or nurse practitioner  
**Physical exam**, including pelvic exam, breast exam, and pap smear if needed, may be performed.  
**Prenatal bloodwork**: blood type, antibody screen, complete blood count, hepatitis B screen, syphilis testing, and rubella titer. HIV testing is recommended but optional. Genetic testing for cystic fibrosis, fragile X, and spinal muscular atrophy is optional.  
**First trimester screening** (ERA) for Down’s syndrome is offered. The testing involves blood work and an ultrasound for nuchal thickening. This testing is optional.

10-12 weeks:  
**Review** of medical history and lab results  
**Physical exam** performed if not done at first visit. The fetal heartbeat is usually audible at this visit.

**Second trimester:** Appointments will be scheduled every 4 weeks.

16-18 weeks:  
**Fetal testing**: Alpha-fetoprotein quad screen (AFP4) is offered if the ERA was not done. It is an optional blood test that screens for neural tube defects and Down’s syndrome. If the ERA was done, then Alpha-fetoprotein screen (AFP1), which screens for neural tube defects is offered. For women who will be 35 or older at the time of delivery, further testing such as level 2 ultrasound, genetic counseling, and amniocentesis may be offered.

18-20 weeks:  
**Ultrasound** to check fetal anatomy and confirm dates.

**Third Trimester:** Appointments will be scheduled every two weeks between 28 and 36 weeks, then weekly until delivery.

26-28 weeks:  
**Bloodwork**: Gestational diabetes screen and blood count. If your blood type is Rh negative, an antibody screen will also be drawn and you will be administered Rhogam injection.

35-37 weeks:  
**Group B Streptococcus** screen is performed with a pelvic exam. **Birth Plan** is discussed with the provider.

39 weeks:  
**Internal pelvic exam** to check for effacement and dilation is optional.

**Postpartum:** One visit is scheduled at 6 weeks after delivery.  
**Physical exam** including breast and pelvic exams as well as a pap smear if needed. Birth control is discussed if needed.