

## **PRENATAL APPOINTMENT LIST - rev. 6.15.2020**

Congratulations on your pregnancy! Below is the structure of your prenatal care, which consists of in-office, telemedicine and ultrasound appointments. Please note this schedule may be modified as needed as your pregnancy progresses. All office visits take place at OBGYN Westside. MFM ultrasounds are scheduled by you at either Mount Sinai or Carnegie Imaging. For telehealth visits, please make sure you have the MyChart app on your phone and have your most recent blood pressure and weight available. We look forward to guiding you through this special time with you and your growing family.

7-9 weeks	New pregnancy office visit, ultrasound, prenatal profile genetic screening blood work.
10-11 weeks	Lab visit (appointment needed) for NT/IRA (nuchal translucency) blood work; Panorama, if needed.
<u>12 weeks</u>	<u>NT/IRA MFM ULTRASOUND; CVS, IF NEEDED</u>
12 weeks	Telemedicine appointment with OBGYN Westside MD
16 weeks	Office visit; blood work for neural tube defect screening (MSS or AFP)
<u>16-18 weeks</u>	<u>Early Anatomy ultrasound at MFM</u>
20 weeks	Telemedicine appointment with OBGYN Westside MD
<u>20-22 weeks</u>	<u>FOLLOW UP ANATOMY MFM ULTRASOUND</u>
24 weeks	Telemedicine appointment with OBGYN Westside MD
28 weeks	Office visit, Glucose challenge test, Anemia Screen, TDAP, Rhogam, if needed
32 weeks	Telemedicine appointment with OBGYN Westside MD
<u>32 weeks</u>	<u>GROWTH MFM ULTRASOUND, IF NEEDED</u>
34 weeks	Telemedicine appointment with OBGYN Westside MD
36 weeks	Office visit; ultrasound in office to check position; GBS testing
37-40 weeks	Office visits, weekly
40-41+ weeks	Office visits, twice weekly with fetal monitoring

*We ask that for telemedicine appointments you have your most recent weight and blood pressure available to discuss with MD.*