



OB APPOINTMENTS

Thank you for entrusting Women's Health Associates with your healthcare and more specifically with this very special event in your life. While very exciting, we know that pregnancy comes with anxiousness, nervousness and a lot of questions about being pregnant and what to expect through your prenatal through post-partum care. We wanted to provide some additional information on what to expect in your upcoming visits. Please know that this information is a general overview. Your provider will discuss other visits, needs, etc. as part of your prenatal care plan.

8 Weeks – Initial visit

- You will have the first ultrasound performed to estimate gestational age and estimated delivery date for your pregnancy.
- At the initial (or “New OB”) visit, our clinical staff will provide education and information about pregnancy, your prenatal care process and appointments, laboratory tests needed and any other necessary items regarding your pregnancy. This visit is very informative and a great opportunity to ask many questions about your pregnancy, etc.
- During this visit your complete medical history will be obtained, especially information about previous pregnancies and potential risks. Your blood will be drawn for the laboratory exams needed and a urine culture will be taken at this visit. This urine culture tests for any potential infections that may need to be treated early in pregnancy.
- Our billing department will also send a packet of information about your health insurance benefits and what to expect throughout the course of your pregnancy. This comes to your mailing address after your first appointment.

10-12 Weeks – First prenatal visit (OB Workup)

- At the first OB visit (OB Workup Visit) you will see a provider. The provider will perform a physical exam, a Pap smear if you are not current, and cervical cultures.
 - The Pap smear and cervical cultures are essential early in pregnancy as they can dictate a specific treatment course throughout your pregnancy.
- We will discuss prenatal screening tests that may be recommended for your pregnancy, including testing for birth defects or genetic disorders. Some of this testing may be performed by St. Luke's Maternal Fetal Medicine and requires a referral from our office.
- Your provider may have a follow up ultrasound performed to confirm dates, etc. This is normal and nothing to be alarmed about.

16 Weeks – General prenatal visit

- At the 16 weeks visit you will be seen by the provider and she will review how you are doing, how you are handling the pregnancy and answer any questions you may have. Additionally, you may be asked to leave a urine sample to test for preeclampsia and signs of gestational diabetes. Typically, they are looking for high levels of sugar, proteins, ketones and potentially bacteria.

- You will also have a Doppler performed listening for your baby's heartbeat. Some patient's body type and the position of the baby at the early stages make it difficult to hear a heartbeat and your provider may have an ultrasound performed. This is normal and nothing to be alarmed about.

20-22 Weeks – General prenatal visit and Ultrasound

- This appointment will be one of your longer prenatal appointments as you will have an Ultrasound and Prenatal visit with your provider.
- This Ultrasound will survey your baby's growth, development, size and confirm estimated gestational dates. This is also the ultrasound where you should be able to learn of the gender of your baby. As always, we are sensitive to this information and our sonographers can write it in a sealed envelope if you wish.
 - For this ultrasound:
 - You will need to have finished drinking 30 ounces of water one hour prior to exam time and do not use the bathroom before your appointment time.
 - The ultrasound can take 30-60 minutes.
- After the Ultrasound, you will have a prenatal visit with your provider. They will discuss the ultrasound results and perform the routine prenatal examination addressing any concerns as needed.
- You may be asked to leave a urine sample as well.

24 Weeks – General prenatal visit

- The provider will perform the routine prenatal examination addressing any concerns as needed. A glucose drink will be sent home with you along with instructions. You will need to drink this prior to arriving for your next visit. It is imperative to follow the instructions.
- You may be asked to leave a urine sample as well.

28 Weeks – General prenatal visit and glucose testing.

- The provider will perform the routine prenatal examination addressing any concerns as needed.
- For this visit you will have your prenatal glucose tolerance test. This test is performed to test your body's ability to regulate your glucose levels while pregnant. If abnormal, you may be required to have additional testing. This is a timed test and it is imperative that you arrive on time for your appointment time to have your blood drawn.
 - Please follow the directions on the glucose bottle.
 - It is very important to not eat or drink anything (except water) at least 2 hours before drinking the glucose. You may eat again after your blood is drawn. It is **very important** that you arrive on time for your visit.
- If your initial labs show that you are Rh-negative you will receive your first dose of Rhogam at this time. Blood tests will be run on the baby's cord blood after delivery, if the baby is Rh-positive you will receive another dose within 72 hours after delivery. Rhogam prevents Rh-negative expectant mothers from making antibodies that will affect other pregnancies. You will receive more information on this if you are Rh-negative.
- Tdap vaccines is generally given during this time as well. ACOG (American College of Obstetricians and Gynecologists) recommend getting a Tdap vaccine during each pregnancy to ensure that the newborn receives the highest possible protection from pertussis at birth and after. Pertussis is highly contagious and is most serious for babies. Tdap vaccinates for tetanus, diphtheria, and pertussis.
 - Partners, family members, and caregivers of infants should be up to date on their Tdap vaccine. If they require another dose, it is ideal that they get the vaccine at least two weeks prior to contact with the infant.
 - Idaho has one of the lowest immunization rates in the nation leaving vulnerable infants susceptible to pertussis as well as other devastating diseases. Per the CDC, the last two years there have been about 85 reported cases of pertussis.
 - If you choose to not be vaccinated for Tdap, it will be offered after delivery before leaving the hospital.

31, 34 Weeks – General prenatal visits

- The majority of your prenatal testing has been complete. After the 28 week visit you will meet with the provider every 3 weeks and they will perform the routine prenatal examination addressing any concerns as needed.
- After 28 weeks, your provider may have a Fetal Non-Stress Test (NST) performed at your visit(s). These tests are normal and test your baby's heart rate and movement for a period of time. These can take 20-30 minutes. Your provider will discuss this test with you.

36 Weeks until delivery –

- After 36 weeks, you will meet with the provider every week and they will perform the routine prenatal examination addressing any concerns as needed.
- At one of these visits you will have cultures done for Group B Strep. This is an organism that can be responsible for pneumonia, bacteremia, sepsis or meningitis in babies. If your cultures reveal the presence of Group B Strep, you will receive an antibiotic when you are in labor.
- You may have cervical exams to determine if you are ready for labor.

Labor/Birth

- CONGRATULATIONS! When you feel like you are in active labor, please proceed to St. Luke's Regional Medical Center Labor and Delivery Unit.
- Once you are at St. Luke's Regional Medical Center, they will call the provider and alert them of your labor. Depending on the progression of your labor, the nursing staff may assist you through the initial stages of labor and the provider will visit with you while you are laboring until you are ready to deliver. Please know that while you are in labor, at the hospital, the provider monitors you closely through the monitors that are attached. They are also in frequent communication with the nursing staff. You have an entire team of nursing staff and providers monitoring you and your baby.

Postpartum Visit

- After your delivery and you are discharged from the hospital, our nursing staff will call and follow up with you. They will see how you and the baby are doing and if there are any concerns or questions you have. They will also schedule you for your post-partum visit(s).
- You will be scheduled for a 6-week postpartum visit for a physical exam and to discuss birth control options if desired.
- If you have had a cesarean section, you will also be scheduled for a 2 week follow up appointment to check your incision and healing.

Office Hours

Our office hours are 8-4 pm Monday through Thursday and 8-3pm on Friday. We are closed on the weekends. If you need to reach a doctor after hours, please call (208) 338-8900, press 8 and further instructions will be given. Please call with any questions or concerns.

Call Schedule

The natural progression of labor is unscheduled and unpredictable. As with any person, our providers also have families, personal lives and obligations. They are committed to your care, however, may not be available when you go into labor. If that is the case we have covering providers within our practice. Occasionally, despite our best efforts, one of our providers may not be there to deliver your baby. Please know that we do not take your care lightly and have made arrangements, for coverage, with specific physicians that we trust in providing the same high quality care to our patients.