

Doctor Visits

First visit

- Longest visit.
- Pregnant woman is weighed.
- Blood pressure and pulse are taken.
- Blood test is done to detect anemia (low blood count or too few blood cells).
- Urine test is done to determine infection, diabetes, or hypertension.
- External and internal pelvic exam is done to determine the size and position of uterus.
- Pap smear is done to check for cancer or precancer of the cervix (done by scraping cells from the cervix, the narrow lower end of uterus).
- Answer and discuss any questions.

Regular visits

- Monthly visits for the first seven months.
- During seventh and eighth month doctor visits occur every two weeks.
- Visits during the ninth month increase to every week.
- Pregnant woman is weighed.
- Blood pressure and pulse taken.
- Urine test is done to determine infection, diabetes, or hypertension.
- Measure belly for growth.
- Listen for heartbeat with hand-held Doppler instrument.
- Answer and discuss any questions.

Prenatal Tests

Ultrasound

- Gel is spread over mother's abdomen and ultrasound wand is rubbed across it. A video image is produced by sound waves bouncing off her internal structure.
- Most common prenatal test.
- Done in doctor's office.
- Can be done anytime during the pregnancy.
- Considered safe.
- Receive a two-dimensional picture of the fetus.
- Can possibly determine:
 1. Defects in the fetal organs
 2. Size of the fetus
 3. Position before delivery
 4. Gender
 5. Due date
- Not 100 percent accurate!

Amniocentesis

- Drawing fluid from the amniotic sac by inserting a fine needle into the mother's abdomen.
- Done before the fifteenth and eighteenth week of pregnancy.
- Tests for hundreds of genetic and chromosomal disorders.
- Mothers over the age of thirty-five are most likely to be tested, because of higher risk of having babies born with Down syndrome.
- Carries a very slight risk of infection that could lead to miscarriage.
- Women with a family history of certain genetic diseases are often advised to consider this test.

7 Common Prenatal Tests

Test	What	When	Where
Genetic screening	If you have a family history of inherited diseases such as, Tay-Sachs or thalassemia, consider genetic counseling to assess your risk of having a child with the disease. It is standard to offer all couples screening for cystic fibrosis. Certain ethnicities may predispose you to carrying genetic disorders.	Ideally, this should be performed before conception, but may be done early in the pregnancy.	The screening begins with an in-office discussion with a genetic counselor and may involve some blood tests.
Chorionic villus sampling (CVS)	Placental cells are removed and tested for chromosomal and genetic disorders.	10 to 13 weeks.	Performed as an in-office procedure
First trimester genetic screening	Uses ultrasound to assess the fold in the back of the fetus's neck and for the presence of the fetal nasal bone. The ultrasound is then combined with a blood test to determine the risk of Down syndrome. Risk of trisomies for chromosomes 13 and 18 are also assessed.	11 to 13.6 weeks.	Performed as an in-office procedure.
Amniocentesis	Using ultrasound as a guide, your health care professional will withdraw amniotic fluid from the amniotic sac with a needle for examination and testing. This test can provide information on many chromosomal and genetic abnormalities, including Down syndrome and neural tube defects. You also have the option of collecting and banking any excess fluid drawn, but not used for testing, for possible later use.	After 15 weeks, typically at 16 to 20 weeks.	Performed as an in-office procedure.
Ultrasound	Sound waves are used to help identify gestational age, detect multiple pregnancies and identify any structural anomalies.	18 to 20 weeks.	Typically performed in the office or in a diagnostic center.
Integrated screening	Uses a combination of first and second trimester screening to assess the risk of genetic disorders (trisomy 13, 18 and 21).	11 to 22 weeks.	Performed in the office.
Second trimester serum marker screening	Blood test used to screen for neural tube defects and trisomies 21 and 18 (genetic disorders, also known as Down syndrome and Edwards syndrome).	15 to 22 weeks.	Performed in the office.

<http://www.healthywomen.org/content/blog-entry/prenatal-tests-what-why-when-and-where-7-common-prenatal-tests>