

## What to Expect

The 1st visit is usually scheduled between 6-10 weeks from the first day of your last menstrual period. During this visit, the following will occur:

- A complete history and physical, including a pelvic exam
- Routine blood tests and cultures are obtained and include the following:
  - Blood type and antibody screen
  - Complete blood count
  - Rubella immunity, Rubeola (measles) immunity
  - Screening for Hepatitis B, Hepatitis C, Syphilis, HIV
  - Screening for Sickle Cell Disease
  - Pap smear if indicated
  - Cervical cultures to screen for Chlamydia/Gonorrhea infection
  - Urine culture and analysis

Genetic testing for the carrier status of the parents is offered. Testing options include the fundamental panel (Cystic Fibrosis, Spinal Muscular Atrophy, Fragile X) or a larger panel (pan-ethnic) including more than a hundred genes.

Sonograms are scheduled in the first trimester for a number of reasons but primarily to confirm that the estimated date of delivery is correct and to perform screening for Down syndrome (Trisomy 21) and for Trisomy 13 and Trisomy 18. In the second trimester a sonogram is performed at 18-20 weeks to evaluate the baby's anatomy and to check the location of the placenta. It is during this visit that you may find out the sex of the baby. Additional sonograms are not routine and the need for further ultrasounds would be based on individual circumstances.

A GCT or Glucose Challenge Test is performed in the second trimester at 24-28 weeks of gestation to screen for diabetes of pregnancy. The GCT does not require the woman to fast so you may eat and drink up to two hours before the test. This is only a screening test and so there are false positives. A positive or elevated GCT warrants further evaluation in form of a GTT, a three hour glucose tolerance test that will determine if a woman has diabetes of pregnancy.

At 35-37 weeks of pregnancy a vaginal culture for Group B Streptococcus is routinely performed. If a woman is colonized with this bacteria, she will be treated with IV antibiotics in labor.

Visits are generally scheduled monthly until 28 weeks, then every 2-3 weeks until the last month of pregnancy, after which visits are weekly.