



**Women's Health for Life, Inc.**

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[www.womenshealthforlife.com](http://www.womenshealthforlife.com)

## **Women's Health for Life BLOSSOM Obstetrics Program**

1<sup>st</sup> appointment: between 6-8 weeks

OB Education appointment to include:

- Confirmation of pregnancy with urine pregnancy test
- How Prenatal care visits are scheduled to include an Ultrasound at 20 weeks
- Tests that will be ordered throughout the pregnancy
- Nursing will discuss topics such as:
  - Travel
  - Exercise
  - Seatbelts
  - Fluid intake
  - Breastfeeding
  - Vitamins
  - Hospital of delivery
- Nutritional assessment
- Prenatal lab tests ordered
- Viewing the OB video-welcome visit

\*\*Depending on when you have your first visit you may have more visits in between your first visit and your routine 12 week visit. Heart tones are not performed until your 12 week visit.

12 Weeks:

- Prenatal Visit—
  - Heart tones
  - Fundal height
  - Lab tests reviewed
  - Pap smear (if needed)
  - Urine dip

16 Weeks:

- Prenatal Visit—
  - Heart Tones
  - Fundal Height
  - Urine Dip
- Discuss possible AFP (Quad Screen) testing
- Counsel on weight gain
- Smoking cessation
- Seatbelt usage

20 Weeks:

- OB ultrasound w/ ultrasonographer
- Prenatal Visit—
  - Heart Tones (on US)

- Fundal height
  - Urine dip
- Discuss AFP results (if applicable)
- Prenatal classes encouraged
- Ultrasound discussed

24 Weeks:

- Explain glucose tolerance test
- Blood count urine testing
- Fetal kick counts
- No smoking
- Sterilization options
- Drinking water
- Eating habits
- Seatbelts
- Discussed Rhogam injection (if needed)
- Traveling restrictions
- Prenatal visit—
  - Heart tones
  - Fundal height
  - Urine dip

28 Weeks:

- Prenatal Visit—
  - Heart tones
  - Fundal height
  - Urine dip
- Travel Counseling
- Fetal Movement Discussed with kick count sheet given
- Preterm labor signs and symptoms discussed
- Prenatal classes encouraged

32 Weeks: Same as 28 weeks PLUS:

- Discussion of pediatrician
- Circumcision if applicable
- Classes attending
- Breast or bottle feeding

34 Weeks: Same as 28 weeks PLUS:

- Smoking discouraged
- Travel discussed
- Reassurance give about delivery

36-40 weeks: Same as 28 weeks PLUS:

- Labor Instructions given
- Car seat for the baby discussion
- Review labor symptoms
- Delivery plan
- Reassurance given