

## Pregnancy Schedule

Congratulations on your pregnancy and welcome to Morning Star Obstetrics and Gynecology. We look forward to serving you during your pregnancy and beyond.

### **Your Schedule** (may vary depending on timing of first visit)

< 10 weeks	Initial history, pelvic exam, and nutrition/environmental risks discussed.
10 <sup>th</sup> week	Full history, full exam, with Pap Test, Prenatal labs done or referral slip given. Genetic screens discussed.
14 <sup>th</sup> week	Review labs
18 <sup>th</sup> week	19-20 week ultrasound planned.
20 <sup>th</sup> week	Review ultrasound. Discuss travel plans. Physical activity restrictions discussed.
24 <sup>th</sup> week	Discuss childbirth classes and preterm labor. Give glucola test preparation drink and instructions.
26-28 <sup>th</sup> week	Glucola, CBC, RPR, Order Rhogam shot (if Rh neg), discuss TDaP.
32 <sup>nd</sup> week	Discuss lab results. Teach kick counts.
35 <sup>th</sup> week	Group B Strep culture done. Discuss breastfeeding, car seat preparation, Cord Blood donation/banking.
37 <sup>th</sup> week	Review labor signs. Discuss Natural Family Planning and other postpartum issues.
38 <sup>th</sup> week	Cervical check, if needed.
39 <sup>th</sup> week	Cervical check, if needed.
40 <sup>th</sup> week	Cervical check, if needed. Discuss scheduling induction.
41 <sup>st</sup> week	Discuss induction vs. further testing.
42 <sup>nd</sup> week	Induction may be postponed to this week only if the 41 <sup>st</sup> week exams are reassuring.

*This schedule may be adjusted at any time if you or your baby needs closer surveillance. Typically, normal lab results, ultrasounds, and other tests will be discussed at the next prenatal visit. Some results, however, require immediate attention and you will receive a phone call.*

The above visits are considered part of your Global OB care. Care for non-pregnancy related issues, like yeast infections and upper respiratory infections, must be billed as separate office visits. This treatment can be provided, but it is not covered under routine or Global OB care.

At every routine OB visit we will check your weight, blood pressure, urine, and fetal heart tones. We will measure fundal height (uterine size) after 16 weeks. Fathers, children, and other family members or friends are encouraged to accompany moms at appointments. You may wish to plan ahead and use discretion for visits including a pelvic exam.

### **Hospital**

Dr. Leonard has chosen Mercy Gilbert Medical Center for their outstanding obstetric services. Please make this selection as you complete your pre-admission form provided in your OB packet and also available online at: [MercyGilbert.org](http://MercyGilbert.org) > Patients & Visitors > Admitting & Registration. Dr. Leonard attends his own patients' deliveries, but does have occasional times of back-up coverage.

### **Office Procedures**

Blood tests can be done in our office or at an outside lab facility, as determined by your insurance company. Prenatal blood work includes: CBC, blood type and Rh antibody screen, rubella titer, syphilis screen, hepatitis B screen and HIV (optional). A TB skin test will be performed as well. A hemoglobin electrophoresis may be done for women belonging to ethnic groups at risk for sickle cell disease or Thalassemia. Other tests will be offered based on your responses to the Family History & Genetic Screening Form.

Gonorrhea and Chlamydia cultures are usually done at the time of the initial Pap.

**Ultrasounds** are billed separately from the Global OB Care package. Insurance usually covers a 20 week ultrasound and others that are considered medically necessary. Patients are responsible for the costs of ultrasounds that are not covered and for whatever fees are applied to the deductible.

The 20-week sonogram includes an anatomic survey, including sex determination if possible, and due date confirmation. This does not mean you will deliver by that date, but it gives us a general delivery time frame.