

Routine Visit Schedule

The first visit of prenatal care typically occurs in the first trimester. The frequency of follow up is based on the individual needs and assessment of risks.

In General, this is what we follow:

- Risk assessment and patient education is initiated at the first prenatal visit. The discussion during first visit should include scope of care that is provided, past medical, genetic, obstetric history, medications, lab studies, expected course of pregnancy, signs and symptoms to be reported to health care team, anticipated schedule of visits, risk counseling including substance use disorder.
- After initial visit, return visit every 4 weeks for the first 28 weeks.
- After 28 weeks, return visit every 2 weeks until 36 weeks.
- After 36 weeks, return visit weekly until delivery.
- If patient is high risk or having any medical/obstetrical complication, patient may be seen sooner.

Remember to always check fetal heart tone with doppler for every pregnant visit especially >12 weeks

Remember urine dip EVERY VISIT!

Start measure the fundal height of uterus after 20 weeks (expect approx 1cm fundal height growth per week of gestation)

Guidelines to Perinatal care Chapter 6

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