

What to Expect at Your Prenatal Visits

At each visit we will take your blood pressure.

You will check your urine on a dipstick in the bathroom.

Once the pregnancy is far enough along, we will listen to the baby's heartbeat.

In addition, there will be different lab tests to order, at different parts of the pregnancy.

We schedule enough time for you to be able to ask the questions you have been curious about, whether about your life, your health, the pregnancy, lab tests we might order, or questions about your upcoming birth or baby care.

We also attempt to stay on time so that you do not have to wait very long for your appointment to start. If you do need to wait sometimes, please understand that something urgent and important has come up, and we will be with you as soon as we can.

Sometimes it happens that the midwife you were scheduled to have your appointment with has been called away for a labour or emergency. We do our best to have you seen by another midwife. We know people often have to book time away from work and we respect your time and your other commitments. Sometimes there are more than one woman in labour at once, and we have no option but to reschedule your appointment. Please be patient with us, and understand that when you are in labour, you will be our top priority.

The first visit, we schedule an hour. We want to learn all about your health history and your previous pregnancy and delivery stories. We also want you to be aware of the lab tests that we will offer you right away. The visit will be talking and then taking your blood pressure.

If you have small children, it may be best to get a sitter for this visit so we can have grown-up conversation without interruption.

The subsequent visits are scheduled to be half an hour long. If it turns out that you require longer than half an hour for your questions, we will offer to schedule you another visit within a few days, so as not to keep other people waiting long.

You are welcome to bring people with you to your prenatal visits. Your partner, children, mother, best friend, are all welcome to meet us and listen to the baby's heartbeat.

If you are feeling sick, we appreciate your phone call to reschedule the appointment so as not to pass on an illness to other people in the waiting room or to the midwives.

At specific times in your pregnancy, you can anticipate conversations about certain lab tests.

First visit (before 12 weeks):

IPS (Integrated Prenatal Screen for Down Syndrome)

Routine blood tests: hemoglobin, blood type, blood antibodies

Routine public health tests: rubella immunity, Hepatitis B, syphilis, HIV

Ultrasound for confirming due date

Second visit (before 16 weeks):

Pap if one is due

Review ultrasound result

Review lab tests

Book your anatomy ultrasound around 20 weeks

Third visit (after anatomy ultrasound):

Review ultrasound

By 28 weeks

Glucose test to screen for gestational diabetes

Repeat hemoglobin

Rhogam injection if you are Rh negative

30 weeks: your appointments are now every two weeks

36 weeks: your appointments will now be weekly

GBS (Group B Strep) testing

We give you a folder to carry your prenatal records

40 weeks: It's your due date! But the baby might choose a different date for a birthday.

41 weeks: We check the baby's health with an ultrasound called a Biophysical Profile (BPP) and with a visit to the hospital to record the baby's heartbeat, called a Non-Stress Test (NST).

We make plans for induction if labour does not start on its own

42 weeks: All babies are born before they are two weeks past their due date