

What to Expect at Your Prenatal Visits

Your partner, children, and anyone else you want to invite are welcome at all of your appointments. Please do not bring anyone who is sick with you as we do not want other people to get sick. If you are sick please call to reschedule your appointment.

Please note that sometimes your appointment may be rescheduled or you will see a different midwife if your midwife is at a labour or birth.

You will be seen for prenatal care after 8 weeks gestational age. After your ultrasound at 20 weeks, you will be seen approximately every 4 weeks until you are 28 weeks gestation, then every 2 weeks until you are 36 weeks gestation, then weekly until you deliver.

At every prenatal visit, we will discuss any concerns or questions you may have. We check your blood pressure, listen to baby's heartbeat, and measure the growth of your baby in your uterus. In addition, at specific times we plan the following:

8-12 weeks -At your first visit we will discuss the midwifery model of care, take your health history, previous pregnancy history, and offer you a dating ultrasound, routine prenatal blood work, and genetic screening. This appointment is scheduled for 1 hour. Subsequent appointments are scheduled for 30 min.

12-16 weeks – We will review your dating ultrasound and lab work results. We can do a Pap test if you are due for one. You will receive a requisition for an ultrasound that views the entire baby. If you would like to know the sex of the baby, we can request that. This ultrasound is best done at 20 weeks gestation.

20 weeks -We will review your ultrasound.

24 weeks -We will offer your requisition for routine mid-pregnancy lab work.

26-28 weeks - You will go to a lab for a glucose test to screen for Gestational Diabetes, as well as repeat hemoglobin. If you are Rh negative, you will go to the hospital for blood work and to receive your Rhogam injection.

35-36 weeks -We will discuss and screen for Group B Strep (GBS) (refer to hand-out on website). You will be given a blue folder with copies of your records to carry with you.

36-40 weeks - Please bring your blue folder to your midwife appointments so we can keep the copy up to date. Please bring the folder any time you meet your midwife in hospital. If you are planning a home birth your midwife will arrange a home visit with you.

41 weeks – We will plan to check your baby's health with an ultrasound and make a plan for labour. If labour does not start on its own, we will discuss with you what induction plan is best for you and your individual situation. Generally, induction is considered at 41+3 (10 days past your due date) and usually recommended before 42 weeks.