

OB/GYN Women's Health Center
Emad Mousa, MD
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www.MyLocalObGyn.com

Obstetrical Calendar

First Visit:

- Orientation to the practice
- Assign due date
- Discuss prenatal vitamins
- Order Labs and Ultrasound
- Get History and Physical.

About 12 weeks (or second visit):

- Discuss prenatal laboratory testing
- Check weight, BP, and urine
- Listen for fetal heart tones
- Perform physical exam (if not already done)
- Perform First Ultrasound (if not already done)

About 16 weeks:

- Listen for fetal heart tones and check uterine size
- Order Quad Screen Test (15- 18 Weeks)
- Check weight, BP, and urine
- Sign up for Childbirth Education Classes

About 20 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Ultrasound

About 24 week:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- 4D Ultrasound if desired.

About 28 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Order CBC and 1-hour glucose test (1 hour Glucola) fasting is not necessary.
- A Rhogam shot is given to patients who have Rh-negative blood type

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About 30 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Discuss CBC and glucose test results

About 32-36 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Check for the baby's position

About 36 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Group B strep culture of the vagina.
- Discuss Labor and Delivery

About 38 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- A cervical examination may be done
- Non Stress test if indicated.

About 40 weeks:

- Listen for fetal heart tones and check uterine size
- Check weight, BP, and urine
- Non Stress test
- Cervical examination
- Discuss management plan for delivery on an individual basis