

Prenatal care schedule

Welcome to the University of Michigan Health System. We are pleased that you have chosen to partner with us for your prenatal care.

Regular prenatal care can sometimes prevent problems from occurring or identify problems early so that they can be addressed as soon as possible. We encourage you to keep your prenatal appointments. The routine frequency of prenatal visits is approximately every 4-6 weeks during your pregnancy and more frequently starting at 36 weeks gestation. However, your visit schedule may be individualized depending on any special needs you may have.

You can expect:

- Nurse interview by phone at approximately 6-8 weeks to obtain your medical history and order lab work.
- First visit with your provider at approximately 8-10 weeks for a physical exam and review of lab work
- Return visits at approximately:
 - 16 weeks
 - 20-22 weeks
 - 26-28 weeks
 - 32 weeks
 - 36 weeks
 - 38 weeks
 - 39 weeks
 - 40 weeks

At your first visit your provider will be reviewing your history and lab work, assessing your pregnancy for any risks. Some additional lab work is frequently obtained at your first visit such as a pap smear, vaginal cultures and urine culture. We will help you know how to care for yourself during the pregnancy and individualize your care as necessary.

At some of your subsequent visits, lab work will be done, some routine and some may be ordered if you are at risk for a problem during your pregnancy. Your provider will also be assessing your weight, blood pressure, listening to the fetal heart beat and assessing fetal growth throughout your pregnancy. Usually an 18-20 week ultrasound of your baby is offered. We will continue to counsel you on how to care for yourself during your pregnancy and assist you with preparation for birth.

We look forward to working with you during your pregnancy!