

What to Expect: Your one-sheet overview as you plan for your care for yourself and your baby during pregnancy

...when you have a positive pregnancy test.	<ul style="list-style-type: none"> <li>• Begin taking prenatal vitamins.</li> <li>• Schedule your New OB appointment at approximately 8-12 weeks gestation, or earlier.</li> </ul>
...on your first OB visit.	<ul style="list-style-type: none"> <li>• Your provider will be checking your vitals, blood type, iron level, immunities to certain diseases, and urine sugar/protein levels.</li> <li>• This visit may also include a pap smear, STD screening, and in-house ultrasound.</li> </ul>
...on scheduling follow-up visits.	<ul style="list-style-type: none"> <li>• You will need to schedule a follow-up visit every 4 weeks until you are approximately 28-32 weeks pregnant.</li> <li>• From there, your provider will need to see you every 2 weeks until your 36th week.</li> <li>• From your 36th week, your provider will need to see you weekly until you have delivered.</li> </ul>
...between 10-18 weeks pregnant.	<ul style="list-style-type: none"> <li>• Your provider will offer a test to check for fetal chromosomal abnormalities. Your provider will discuss this option with you further.</li> </ul>
...approximately 20 weeks pregnant.	<ul style="list-style-type: none"> <li>• You will need to schedule a fetal anatomy ultrasound. A referral will be provided.</li> <li>• This ultrasound will check the baby's size, anatomy, fluid levels, and placenta.</li> </ul>
...approximately 24-28 weeks pregnant.	<ul style="list-style-type: none"> <li>• You will need to be tested for gestational diabetes through a one hour lab test.</li> <li>• With this test, you will be given a drink called 'glucola.' An hour after drinking this, your blood will be drawn to check your glucose (sugar) level.</li> <li>• Should the test come back abnormal, we will need to do further testing.</li> <li>• We also recommend at this stage to have a Tdap vaccine to help the baby start to develop immunity to whooping cough.</li> </ul>
...approximately 36 weeks pregnant	<ul style="list-style-type: none"> <li>• You will need to be tested for Group B Streptococcus. This is done via a swab test.</li> <li>• If the test comes back positive, antibiotics are needed during labor to prevent the strep infection from being passed on to your baby as he or she passes through the birth canal.</li> </ul>

**What over-the-counter (OTC) medication can you take safely during pregnancy?**

- Constipation: any OTC fiber supplement
- Headaches or pain: Tylenol
- Nausea: Vitamin B6 and Unisom (this will cause drowsiness)
- Congestion: Claritin or Zyrtec
- Cough: Delsym
- Acid reflux/heartburn: Zantac or Prilosec
- Diarrhea: please consult your provider

**What over-the-counter (OTC) medication should you avoid during pregnancy?**

- Ibuprofen
- Aleve

**What else do you need to consider?**

- If your baby's gender is a boy:  
Decide whether to circumcise him. This procedure is typically scheduled when the baby is 1-2 weeks old and can be done within the first month of life.
- Birth control options after delivery:  
We have providers who can discuss with you options available, and we offer pills, IUD, Depo-Provera, Nexplanon, or vasectomy.
- Verify what your insurance covers and potential out-of-pocket costs. We can assist you with prior authorization forms and questions your insurance company may have about your pregnancy care and procedures.

Sound Family Medicine will be there with you from the positive pregnancy test, your prenatal care, the delivery of your newborn, assist you with birth control options, and care for each member of your growing family.