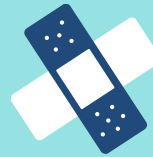


# WHAT TO EXPECT DURING YOUR PRENATAL VISIT



## 1 BLOOD PRESSURE CHECK

This is to make sure that moms blood pressure is not too high. Having high blood pressure can put mom at risk for preeclampsia. Having high blood pressure can also make for a more difficult delivery. Fortunately, with the right steps, your blood pressure can be controlled.



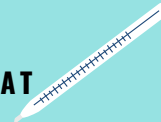
## 2 GET YOUR URINE CHECKED

This is done to check for any possible infections and to confirm the pregnancy. The doctor will also be checking to see if you have too much protein or sugar. Having too much protein is a sign of proteinuria and having too much sugar is a sign of gestational diabetes.



## 3 GROUP B STREP TEST

Group B Streptococcus is a bacteria that normally lives in the body. Despite the similarity in name, this is not the same as having a sexually transmitted disease. Screening for this bacteria is important because it is typically found in the vagina and rectum. As a result, it can be passed on to the fetus during labor. Getting proper treatment before pregnancy decreases the chances of infecting the fetus.



## 4 FUNDAL HEIGHT AND FETAL HEARTBEAT

This is a measurement of distance between the pubic bone and the top of the uterus. Depending on the week of pregnancy, smaller or larger fundal height can indicate slow fetal growth, a larger baby, and excessive or inadequate amounts of amniotic fluid. Measuring heartbeat is to determine if the heart is beating too fast, too slow, or irregular.



## 5 BREAST EXAM

Breast exams are necessary to determine whether or not there will be any issues with breastfeeding. Beyond that, it is important to have regular breast exams to screen for breast cancer. Common symptoms include lumps, tenderness, and discharge from the nipple.

## 6 PAP EXAM

This is to test for human papillomavirus (HPV) or screen for cervical cancer. Having HPV can increase the risk for cervical cancer. While some women are concerned about safety issues, research has shown that pap smears during pregnancy are indeed safe. Pap exams are recommended during the first trimester in the event that an abnormality arises.



## 7 BLOOD TYPE AND RH FACTOR

This is to test for hormone levels and to screen for Rh factor. If the mom tests Rh negative and father is Rh positive, Special care must be taken. This is also an opportunity to screen for anemia which is fairly common with pregnant women.

## 8 QUESTION TIME

Pregnancy brings about a lot of change and this can be overwhelming! Making a running list of questions and concerns to ask your doctor at your next visit.

