

# What to Expect at Your Prenatal Visits\*

**Don't forget to take a prenatal vitamin every day throughout your pregnancy.**

**1st Visit** 8-12 weeks **2nd Visit** 12 weeks  
*Visits every 4 weeks*

- Discuss prenatal care and birth plan
- Physical and lab work
- Baby's heartbeat
- 1st Ultrasound
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**3rd Visit** 16 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth
- 2nd Ultrasound between 18-20 weeks

Appointment Date/Time

**4th Visit** 20 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**Every kick counts.**  
**Make sure to keep track of baby's movements.**

**7th Visit** 30 weeks **8th Visit** 32 weeks  
*Visits every 2 weeks*

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**9th Visit** 34 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**10th Visit** 36 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**Talk to your doctor about scheduling your postpartum visit.**

**11th Visit** 37 weeks **12th Visit** 38 weeks  
*Visits every week*

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**13th Visit** 39 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**14th Visit** 40 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**Talk to your doctor about your birth plan**

**5th Visit** 24 weeks

- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**6th Visit** 28 weeks

- Glucose screening
- Check blood pressure and weight
- Baby's heartbeat
- Measure baby's growth

Appointment Date/Time

**Do you have young children or a newborn at home?**

Keeping up with appointments and to-do lists can feel like a lot. We can help with children from NICU babies to adolescents. The Bright Beginnings Program can help:

- Provide education
- Identify specialty providers
- Link to community resources or services

Call us at **1-844-694-6411** or **1-800-662-1220**. Hours are Monday – Friday, 8 am – 5 pm to connect with us.

**Due Date:** \_\_\_\_\_

**Reminder:** It's important that you see your doctor within 6 weeks of having baby. Call your doctor to schedule your appointment.

■ 1st Trimester ■ 2nd Trimester ■ 3rd Trimester



\*Some visits with your doctor may be through telehealth  
 Disclaimer: Visit frequency shown is based on a non-high risk pregnancy. Talk to your provider about your expected visits.