

How often do I need to see the doctor?

- As soon as you think you are pregnant.
- Every 4 weeks in the first 6 months.
- Every 2 weeks in your 7 month.
- Then every week until your baby is born.

Can my baby's father come to my prenatal visits with me?

- YES!
- We encourage your partner to be with you all along the way.
- You both are welcome to tour the OB unit at the hospital. Find out what happens when you come here to deliver your baby staff can answer your questions.

We can provide services to help you.

- The Public Health Nurse can help.
- Social Services may help with finances or family problems.
- WIC can help with food.
- Mental Health can help if you feel stressed.
- Johns Hopkins can help if you are a young mom.
- The nutritionist can teach you how to feed yourself and your baby.



**WHITERIVER
HOSPITAL**



November 2005
PN-FU, TE, L

Going to the Doctor Now That I'm Pregnant



Why should I go to the doctor?

What is Prenatal Care?

Medical care while you are pregnant is called prenatal care. Prenatal care includes:

1. Checking baby's heartbeat
2. Checking your blood and urine
3. Taking pictures of your baby inside of you (ultrasound) to see how big it is

Why should I go to the doctor if I'm not sick?

- This is your chance to ask questions and get answers.
- You will be given vitamins, iron, and calcium to help your baby grow strong.
- Your blood pressure and weight will be checked.

- When your baby is big enough, you can hear its heartbeat.
- Sometimes things can go wrong, and you don't know it. Your doctor can check for problems at each visit.

Will I be getting an ultrasound?

If you aren't sure about the dates of your last normal period, you will need an ultrasound. This can help us give you a due date.

You may have an ultrasound to:

- see how big your baby is
- see how much water is around your baby
- tell where your afterbirth (placenta) is
- tell if your baby's head is down, up, or sideways

Why do I need to have lab tests?

Your urine will be checked at each visit for infection, sugar and protein. Your blood will be tested at your first visit. It will be checked for:

- Sugar, blood type, Hepatitis B, syphilis, anemia, HIV/AIDS, and to see if you ever had the measles.

There is also a test called AFP. It tests for problems with your baby's brain and spinal cord. It also checks for Down's Syndrome.

