

Prenatal Care

What is Prenatal Care?

- “Prenatal care” is the healthcare you get while pregnant.
- You should visit your provider as soon as you think that you are pregnant. It will help you have a healthy pregnancy and help find any problems before they get worse.
- Your provider will want to see you every 4 to 6 weeks for the first 6 months of pregnancy, and more often during the last three months.



What to Expect at Your Prenatal Visits

Your First Visit

Your first visit will be the longest. During this visit, the provider will:

- Check your height, weight, and blood pressure
- Check your blood for diseases and low iron
- Have you give a pee sample to check for infections, sugar, and protein
- Tell you the due date (the day your baby will be born)
- Ask questions about you, your partner, family members, and medicines and herbs you take
- Give you a physical exam with a pelvic exam
- Tell you about prenatal vitamins with folic acid
- Have you make your next appointment

At All Prenatal Visits

- Your blood pressure, weight, pee, and general health are checked.
- Your baby's heart rate and growth are checked.
- You should ask questions. Don't be shy!

For more information call Customer Service at **(415) 615-4555**.
Or visit **www.healthysanfrancisco.org**

Prenatal Tests

You may have these kinds of tests:

- **Blood tests**
- **Amniocentesis or Chorionic Villus Sampling (CVS)**
Both tests check for family diseases by taking a sample from inside the womb.
- **Group B Streptococcus (GBS)**
GBS is a common bacteria in the vagina. It can cause an infection in the baby.
- **Tests to Check Fetal Health**
 - *Fetal Movement Count* – This test is done at home. You lie on your side and count how long it takes your baby to have 10 movements.
 - *Ultrasound* – You will have at least 1, often at 18 to 20 weeks of pregnancy.
 - *Non-Stress Test* – This test measures the baby's heart rate when the baby moves.
 - *Biophysical Profile* – This test checks the baby's heart rate while doing an ultrasound.
 - *Contraction Stress Test* – This test measures the baby's heart rate when the uterus contracts.

At Any Time While You are Pregnant, Call Your Provider *Right Away If:*

- Your water breaks or leaks
- You have any bleeding from your vagina
- You have cramping or contractions more than 4-6 times in an hour

Adapted from:

"Prenatal Care" www.healthinfotranslations.org

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