## Schedule of Prenatal Visits

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Appointment Frequency</th>
<th>Testing</th>
<th>To Do</th>
</tr>
</thead>
</table>
| First 12 weeks      | Every 4 weeks beginning at 8 weeks | • Initial prenatal labs  
• Ultrasound to confirm pregnancy  
• Genetic testing if desired | Notify insurance company |
| Weeks 13-19         | Every 4 weeks         | • Genetic testing if desired  
• Screening for neural tube defects | Schedule 20 week ultrasound |
| Weeks 20-28         | Every 4 weeks         | • Ultrasound to evaluate fetal anatomy  
• Gestational diabetes testing (24-28 weeks) | • Sign up for prenatal classes  
• Pick a pediatrician |
| Weeks 29-35         | Every 2 weeks         | Tests as needed                                                          | • Register for the hospital  
• TDaP vaccination |
| Weeks 36-42         | Every week            | Group B Strep                                                            | • Install car seat  
• Pack hospital bag |
| 6 weeks after delivery | Postpartum visit   | • Depression screening  
• Physical exam                                                             | Birth control plan |

* This is just a general guideline. Tests and appointments for you may depend on your specific circumstances.