


Prenatal Care Timeline

This is our general timeline for prenatal care. We see our patients many times during pregnancy to ensure you and your baby are doing well. Each pregnancy is unique and your plan may need to change depending on you and your baby's health.

Gestation Week

What to Expect



6-8	Appointment with your MD to confirm the pregnancy by ultrasound! Visit details will include confirming your due date, providing you with a new OB questionnaire, EPDS, genetic screening options to review <ul style="list-style-type: none">Schedule new OB appointment in 4 with the NP
10-12	Appointment with a NP to review the new OB questionnaire, complete a physical exam, pick up your genetic screening NIPT paperwork/kit
12-16	Separate MFM appointment for early anatomy ultrasound <ul style="list-style-type: none">MFM to schedule your ultrasound: 650-404-8210
16-20	Routine OB with MD: listen to heartbeat of baby, answer questions. <ul style="list-style-type: none">MSAFP genetic lab work at this appointment. Set up a return OB appointment in 4-6 weeks
18-20	Separate MFM appointment for anatomy ultrasound MFM to schedule your ultrasound: 650-404-8210
20-22	Routine OB with NP: listen to heartbeat of baby, answer questions. Set up a return OB appointment in 4-6 weeks
24-28	Routine OB with MD: listen to heartbeat of baby, answer questions. <ul style="list-style-type: none">Hospital registration, kick count and preterm labor precautionsRhogam at 28 weeks if indicatedSchedule return OB appointment in 4 weeks
25-29	Routine OB with MD: listen to heartbeat of baby, answer questions. <ul style="list-style-type: none">Blood test ordered for anemia and gestational diabetesSchedule return OB appointment every 2-3 weeks out from 28-36 weeks
32	Routine OB with NP: listen to heartbeat of baby, answer questions. <ul style="list-style-type: none">Tdap vaccinationBreast pump prescription
34	Routine OB with MD: listen to heartbeat of baby, answer questions.
36	Routine OB with MD: ultrasound to for baby's position, answer questions. <ul style="list-style-type: none">You will have a quick vaginal swab for Group B Strep testSubmit any EDD disability claims as early as 36 weekSchedule a return OB appointment every week until your due date
37-39	Routine weekly follow-ups until delivery: listen to heartbeat, possible cervical exam at 38, 39 and 40 weeks to see if you are dilating.
>40	If you are still pregnant after your due date and everything is going well, your appointments may involve a non-stress test, ultrasound, and cervical exam. Risks and benefits will be discussed for induction of labor preferably by 41 weeks.
Postpartum	Congratulations! Please schedule a 6 week postpartum visit (additional 2 week incision check for cesarean deliveries) Please reach out earlier if you are feeling concerns of postpartum depression or anxiety.