



## What to Expect at Your OB Appointments

After your initial prenatal visit, your appointments will last about 15 minutes. At each visit, our Medical Support Staff will check your weight and blood pressure. Your provider will talk to you about any questions or concerns you may have. After the first trimester, we will listen to your baby's heartbeat with a small instrument called a Doppler which uses sound waves to listen to the heartbeat. In the third trimester your provider will measure your uterine size.

Blood tests will be drawn in the first trimester. These will include your blood type, Rh Factor, blood counts, exposure to HIV, hepatitis C, and syphilis, and immunity to Rubella and hepatitis B. We will notify you if any of your blood testing is abnormal. Normal results will be posted to your patient portal or can be discussed at your next visit.

You will be screened for diabetes in pregnancy. Those at increased risk for diabetes will be screened with their blood testing in the first trimester. All pregnant women are screened between 25-28 weeks gestation, even if you passed your early first trimester screen. This screening involves drinking a sugar drink and having a blood test one hour later.

If you are Rh negative, you will be retested for antibodies and given a Rhogam shot at 25-28 weeks gestation.

For most pregnancies, two ultrasounds are performed. The first ultrasound is completed in the early first trimester to confirm your due date. The second ultrasound is performed between 18-22 weeks to evaluate fetal anatomy. If these ultrasounds are normal and there are no other complications in pregnancy, additional ultrasounds are not performed.

Around 36 -37 weeks gestation, a screen for group B Streptococcus will be performed. Group B Streptococcus is a bacterium that is commonly found in the vaginal/rectal area of 30% of women. Antibiotics will be given during labor to protect your baby if group B Streptococcus is present.

We would like to see you every 4-5 weeks during the first 28 weeks of your pregnancy, every 2 weeks from 28-36 weeks and then weekly until you deliver. High risk pregnancies may require more frequent visits.

**OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)**

**Office Hours: Monday – Friday, 7:30 am – 5pm**

**Crystal Office**  
5109 36<sup>th</sup> Ave. N.  
Crystal, MN 55422

**Maple Grove Office**  
9825 Hospital Drive Suite 300  
Maple Grove, MN 55369

**Plymouth Office**  
Center for Women's Health  
15655 37<sup>th</sup> Ave. N. Suite 180  
Plymouth, MN 55446

For more information about Voyage Healthcare and the services we offer, please visit us at [www.voyagehealthcare.com](http://www.voyagehealthcare.com)