



TREE OF LIFE

ASSOCIATES IN WOMEN'S HEALTH, P.A.

Obstetrics & Gynecology

Member of the Minnesota Women's Health Consortium

During your pregnancy, you will have many visits with the physicians and nurse practitioners. The primary physician of your choice will see you most often. However, you may feel it would be beneficial to see each of the other physicians in the group at least once. The doctors rotate call during the evenings and weekends and if you deliver during one of these times you will be delivered by the doctor on call. **The following schedule is a general guideline for an uncomplicated pregnancy, which we hope, is your experience. Appropriate changes will be made as needed.**

At each visit you must give us a urine specimen. This is an essential part of your visit and with the exception of your ultrasound visit MUST be obtained prior to your being seen.

<p><u>Weeks 8-10 with NURSE PRACTITIONER:</u> Initial visit for confirmation of pregnancy. A physical exam including a pap smear and assessment of uterine size and pelvic structure is performed. Information is given regarding prenatal classes, diet, nutrition, vitamins, and activity. Tests such as amniocentesis and triple screen may be discussed. Routine laboratory blood tests will be drawn including blood type, Rh factor, rubella screen, RPR (test for syphilis), HIV screen, and Hepatitis-B screen. A Pap smear and cultures may be done.</p>	<p><u>Weeks 11-14 with M.D.:</u> If possible, schedule this appointment with your primary physician. Usual maternal and fetal assessments (i.e., weight, urine, uterine size/growth ,and general health status) are evaluated. Confirmation of a fetal heartbeat by Dopitone is done. Your due date is set and lab results from your previous visit are discussed. The need for Level 2 U/S may be discussed.</p>	<p><u>Weeks 15-19 with M.D.:</u> Weight, urine, uterine size/growth, and general health status is evaluated. Blood is drawn to test your hemoglobin and at your option you may also request the Triple Screen test be drawn. <u>Schedule your next appt. for an U/S. If you do not schedule this visit properly, an U/S may not be done at your next visit as additional time and equipment is required. Your bladder must be full for the U/S. Drink 2 8oz glasses of water one hour before appointment.</u></p>
<p><u>Weeks 18 - 21 with M.D.:</u> Usual maternal assessment. Ultrasound study for fetal assessment and confirmation of gestational age is performed. Your bladder must be full. Drink 2 8oz glasses of water 1 hr before appointment. Leave your urine sample after your ultrasound. <u>PLEASE SCHEDULE YOUR NEXT 3 APPOINTMENTS AT 4-WEEK INTERVALS</u></p>	<p><u>Weeks 22 – 26 with M.D.:</u> Usual fetal and maternal assessment. Discuss gestational diabetes. Glucose drink given to patient for glucose visit done at 27-29 weeks Register now for your birthing classes at the hospital.</p>	<p><u>Weeks 27-29 with NURSE PRACTITIONER:</u> Usual fetal and maternal assessment. Prenatal classes, pre-term labor and its intervention are discussed. Blood is drawn for the glucose test and hemoglobin. <i>Mothers who are Rh negative will have an antibody screen drawn and receive a Rhogam injection</i></p>
<p><u>Week 30 with M.D.:</u> Usual fetal and maternal assessment. <u>PLEASE SCHEDULE YOUR NEXT 3 APPOINTMENTS AT 2-WEEK INTERVALS.</u></p>	<p><u>Week 32 with M.D.:</u> Uterine size and growth, maternal weight, blood pressure, urine and general health status are evaluated. <u>If you have a C-Section scheduled, please make a pre-op exam for up to 7 days prior to you scheduled date.</u></p>	<p><u>Week 34 with NURSE PRACTITIONER:</u> Usual fetal and maternal assessment. Labor & delivery procedures, alternatives for labor management and any concerns, expectations, or wishes regarding labor and delivery are discussed.</p>
<p><u>Weeks 36 – 40 with M.D.:</u> Usual fetal and maternal assessments are performed each week until delivery. A test for vaginal Group B Strep is done at week 36. Pelvic exams may be performed as well at each subsequent visit. <u>AT 36 WEEKS, PLEASE MAKE ALL FUTURE WEEKLY APPOINTMENTS.</u></p>		

Medical Arts Building
825 Nicollet Mall, Suite 853
Minneapolis, MN 55402
FAX: 952-806-9741

Edina Location
6517 Drew Ave So
Edina, MN 55435
FAX: 952-806-9741

Centralized Switchboard and Scheduling: 952-806-0011