



If this is your first prenatal visit, it can feel like there's a lot going on, but knowing what to expect can help you feel more comfortable. Here's a breakdown of the main things your healthcare provider will check for during your visit.



## 1. BLOOD PRESSURE CHECK

Recognizing preeclampsia symptoms early can be **LIFESAVING**



### Symptoms include:

- Headaches
- Dizziness
- Changes in Vision
- Trouble breathing
- Severe Stomach Pain
- Vomiting
- Swelling

Your blood pressure will be taken to ensure it's within a healthy range. High blood pressure can put you at risk for **preeclampsia**, a condition that can complicate your pregnancy and delivery.

Fortunately, there are ways to manage high blood pressure if needed, and your provider will help you with that.

## 2. URINE TEST

A urine sample will be taken to check for infections and to confirm the pregnancy. The test also looks for protein and sugar levels. This helps flag any issues such as gestational diabetes.



## 3. WEIGHT



Your provider may want to check your weight on the scale to track weight gain throughout the pregnancy. Please know that if you have a history of body image issues or eating disorders, you can always decline to go on the scale or go on backwards.

Ask for them to not tell you your weight if it makes you uncomfortable.

## 4. GROUP B STREP TEST

**Group B Streptococcus (GBS)** is a common bacteria that lives in the body and is usually harmless. However, during pregnancy, it can be passed to the baby during labor if not treated.

Testing for GBS typically happens later in pregnancy, and if you test positive, your provider will offer you antibiotics. Ask about the research, risks and benefits. It is your choice whether or not you want the GBS test, and it is your choice if you decide on antibiotic treatment.

**GBS isn't usually harmful to mothers, but it can threaten their baby**



## 5. FUNDAL HEIGHT AND FETAL HEARTBEAT



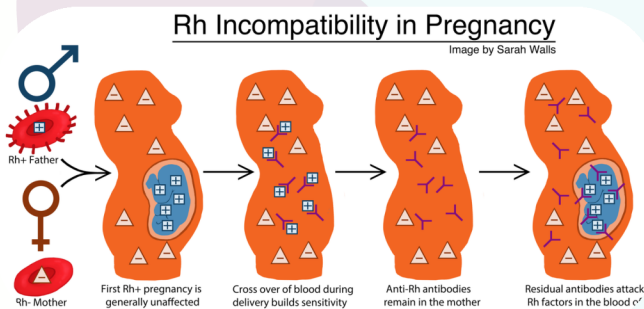
Your provider will measure the distance from your pubic bone to the top of your uterus (fundal height) to monitor your baby's growth. This can help detect any growth issues or unusual amounts of amniotic fluid. They'll also check the baby's heartbeat to ensure it's within a healthy range.

## 6. BREAST EXAM OR PAP EXAM

If you choose to have a typical OBGYN instead of a midwife, they might offer you an HPV test for cervical cancer (PAP smear), or complete a breast exam. These are not typical with midwives.



## 7. BLOOD TYPE AND RH FACTOR



Your blood will be tested to check your hormone levels and your Rh factor. If you're Rh-negative and the baby's father is Rh-positive, special care will be needed to prevent complications.

This test also checks for anemia, which is common in pregnancy, to ensure you're getting the right nutrients.

## 8. OTHER TESTS AND OPTIONS

You'll be able to make decisions if you would like to learn the gender through ultrasound, if you would like genetic testing to determine if down syndrome or other genetic concerns are present, as well as labs to check your overall health.



## 9. A LOT OF TALKING



If you are working with a midwife specifically, they'll talk to you a lot about how you're doing physically and emotionally. The emotional component of growing a child is significant – this is a life change into parenthood and a time when your hormones are running rampant. There are so many body changes that affect how you may feel about yourself.

Plus, it is a significantly increased time of stress for a lot of couples which could put you at risk for domestic violence. If this is a concern, please let your provider know so we can give you resources that may save your life.

