

# Prenatal Care When You're Pregnant

## What is Prenatal Care?

Prenatal care means taking care of your baby before he or she is born. Your baby will develop quickly. That's why you should see your provider as soon as you know you are pregnant.

## Why Do I Need So Many Appointments?

Your provider will check you and your baby to make sure you are healthy. Each pregnancy is different and your health can change quickly. That's why you need to keep all appointments during pregnancy.

At each appointment:

- Your blood pressure will be taken.
- Your weight gain will be tracked to make sure you are gaining the right amount.
- Your urine will be collected to measure your sugar levels and check for infection.
- Your baby's growth and heartbeat will be checked.

## How Many Appointments Will I Have?

- You should have about 14 prenatal appointments with your provider. Your provider will let you know if you should be seen more often.
- You should also schedule a postpartum visit for 3 – 8 weeks after you deliver.
- Use the schedule on the side of this sheet to keep track of these appointments. (This schedule is just a guide. Your provider will determine the schedule that is best for you.)

Remember to keep **ALL** of your appointments.

## **Prenatal Care Schedule**

Write the date and time of your prenatal and postpartum appointments on this sheet.

### ***Once a month for the 1<sup>st</sup> 7 months***

5-8 weeks \_\_\_\_\_

9-12 weeks \_\_\_\_\_

13-16 weeks \_\_\_\_\_

17-20 weeks \_\_\_\_\_

21-24 weeks \_\_\_\_\_

25-28 weeks \_\_\_\_\_

### ***Twice a month for the next 2 months***

29-30 weeks \_\_\_\_\_

31-32 weeks \_\_\_\_\_

33-34 weeks \_\_\_\_\_

35-36 weeks \_\_\_\_\_

### ***Each week for the last month***

37 weeks \_\_\_\_\_

38 weeks \_\_\_\_\_

39 weeks \_\_\_\_\_

40 weeks \_\_\_\_\_

### ***3 – 8 weeks after delivery***

Postpartum \_\_\_\_\_

Provider Name \_\_\_\_\_

Provider Phone \_\_\_\_\_

Need more help?

Call Missouri Care's OB Case Manager at 1-800-322-6027, ext. 4608.