




# PRENATAL CHECK-UPS



## FIRST PRENATAL CHECK-UP

Northern Plains and IHS both offer prenatal visits. When you schedule an appointment, be sure to ask about what information you will need for the visit. Talk to family members to learn about any diseases or pregnancy issues that may run in your family.

Your provider will gather information about your general health and lifestyle to best be prepared for your pregnancy. Your provider will ask you questions about:

- ◇ The date of your last menstrual period to determine your due date
- ◇ Health problems, like diabetes, high blood pressure, or sexually transmitted infections (STIs)
- ◇ Your family health history
- ◇ Your partner's family health history
- ◇ Past pregnancies and related information, such as previous miscarriages or preterm births

- ◇ Past hospital stays
- ◇ Medications you're currently taking and any medical allergies
- ◇ Your lifestyle, including if you drink alcohol, smoke cigarettes, or use street drugs like marijuana or ecstasy
- ◇ Your exercise habits
- ◇ Your stress level
- ◇ The safety of your environment

*What tests and procedures will be done?*

- ◇ Your weight will be determined.

- ◇ Your blood pressure will be taken
- ◇ You will have a physical exam and a pelvic (internal) exam
- ◇ You may have a Pap smear done to check for cervical cancer and vaginal infections
- ◇ Your urine will be checked for infection
- ◇ You will have various blood tests to check for anemia and certain infections. You will be offered a blood test for HIV, the virus that causes AIDS, but you have a right to say “no.”
- ◇ You will also receive a prescription for a prenatal

vitamin with 600 micrograms of folic acid.

## LATER PRENATAL CHECK-UPS

In later prenatal check-ups, a doctor or nurse will:

- ◇ Check your weight
- ◇ Take your blood pressure
- ◇ Measure your belly to see how your baby is growing in your second and third trimesters
- ◇ Check your hands, feet, and face for swelling
- ◇ Listen for your baby's heartbeat after the 12<sup>th</sup> week of pregnancy

- ◇ Feel your belly to find your baby's position in later stages of pregnancy
- ◇ Talk to you about your questions or concerns
- ◇ Conduct other blood tests or ultrasound exams, if needed