



CCOG

Women's Health Group
OBSTETRICS • GYNECOLOGY • MIDWIFERY

WELCOME AND CONGRATULATIONS!

Your initial prenatal visit is _____ at _____ with _____
(Date) (Time) (Practitioner)
At _____
(Location)

PLEASE BRING THIS FORM WITH YOU TO YOUR FIRST PRENATAL VISIT COMPLETED, THIS WILL HELP TO SHORTEN YOUR VISIT

Please be prepared for your first prenatal visit to last up to two hours. This will include a complete physical exam, review of your medical history, pelvic exam, Pap smear, blood work, and cultures. You will have a transvaginal pelvic ultrasound prior to your exam which you will need to undress for. For this ultrasound you are able to bring with you only one adult beside yourself, children can not be present at this visit. In addition to the medical conditions in the attached questionnaire, we also need to know if you have ever had or been vaccinated for Chicken Pox. Please research this with your parents or pediatrician if you are unsure.

We typically schedule prenatal visits every 4 weeks until your 28th week, then every 2-3 weeks until your 36th week, and every week during the last month. Most visits will be brief. There will only be one more pelvic exam at 36 weeks in all uncomplicated pregnancies.

The midwife/doctor on call will be the one to attend your baby's birth. The doctor or midwife who attends the birth will see you 2-6 weeks after the delivery for your postpartum checkup. After that, you may choose which doctor or midwife you see for further care. For any scheduled procedures such as amniocentesis, you may also choose the physician of your preference.

If you are smoking, stop as soon as you can and call if you need help. Alcohol and drugs should be avoided because of severe risk to your pregnancy.

Tylenol, Tylenol Cold, and Robitussin are safe, over the counter medications that you can take if medically necessary. Please speak to us regarding safety of other medications in pregnancy.

Please treat your early pregnancy gently.

We are looking forward to seeing you soon. Please call if you have any problems or questions.

