



Highland: (909) 862-1191
Redlands: (909) 793-3311

www.beavermedicalgroup.com

Congratulations!

Pregnancy is a time of rapid change and adjustment in which all of your systems change in some way to accommodate the growing fetus and to prepare for delivery and lactation. The physician orders routine tests to help you achieve optimal health during your pregnancy.

Please bring in a urine sample with you to every prenatal visit. We will check your urine for protein and sugar. Urine cups are available at the front desk; take as many as you like. We would like a urine sample that is less than 30 minutes old. You may give yourself extra time to collect urine sample at our office *before* your scheduled appointment.

Visits: Your scheduled prenatal visits may include appointments with each one of our highly skilled OB/GYN physicians. This allows you to meet all of the OB/GYN physicians as any one of them could deliver your baby depending on their rotating on-call schedule. You have the option to see only one physician for your prenatal visits, but it is likely that another physician will deliver your baby.

For the first 28 weeks you will be seen monthly unless you have a situation that requires more frequent visits. After 28 weeks, you will be seen every two weeks. During the last month of your pregnancy, you will be seen weekly.

On your first visit you will receive:

- Pregnancy information
- Prenatal vitamins
- A physical assessment, including a pap smear
- Prenatal lab tests including a urinalyses, complete blood count, blood type, and screenings for Rubella, Hepatitis B, Syphilis and HIV. We will notify you of any concerns in regards to your lab results.

Ultrasound: An ultrasound may be ordered at any time during the pregnancy if your physician feels it is medically necessary. An ultrasound requested for other than medically indicated reasons may not be paid for by your insurance.

Between 16 and 20 weeks: An alpha fetoprotein screening blood test will be performed. This tests for neural tube and other birth defects.

At 28 weeks: A repeat blood count will check for anemia, and a screening blood sugar test will check for gestational diabetes. RH negative mothers will have a rhogam injection after an antibody screening.

Classes: We encourage you to sign up for early prenatal classes in the early months of your pregnancy and sign up for childbirth preparation classes before the 26th week of your pregnancy. Classes are held at Redlands Community Hospital. Call the OB/GYN Department at 909-793-3311 x2378 for more information.

All of us here at Beaver Medical Group wish you a healthy and happy pregnancy!