What is Prenatal Care?

• Prenatal care is the healthcare you get while pregnant.
• You should visit your provider as soon as you think that you are pregnant. It is important for the health of you and your baby.
• Your provider may want to see you every 4 weeks for the first 6 months of pregnancy, and more often during the last 3 months.

What to Expect at Your Prenatal Visits

Your first visit will be the longest. During this visit, the provider will:

• Check your height, weight, and blood pressure
• Order prenatal blood tests
• Check your urine
• Tell you how far along you are in your pregnancy
• Review you and your family’s medical and social history
• Give you a physical exam
• Tell you about prenatal vitamins with folic acid
• Have you schedule your next appointment

At All Prenatal Visits

• Your blood pressure, weight, urine, and general health are checked
• Your baby’s heart rate and growth are checked
• You should ask questions. Don’t be shy!

Prenatal Tests

You may have these kinds of tests:

• Blood tests
• Tests for sexually transmitted diseases
• Tests to check for problems with the baby’s health
• An ultrasound – this test may be done around 3 months, and again around 5 months

At Any Time While You are Pregnant, Call Your Provider Right Away If:

• Your water breaks or leaks
• You have any bleeding from your vagina
• You have cramping or contractions more than 4-6 times in an hour

For more information call Customer Service at 1(415) 547-7800 or visit www.sfhp.org
Free 24/7 Nurse Help Line 1(877) 977-3397

Adapted from: “Prenatal Care”
www.healthinfotranslations.org