



WHAT TO EXPECT DURING MY OB VISITS

Your routine OB visits with OB/GYN of Evangelical will vary depending on how many weeks along you are in your pregnancy.

During your visits, we will/may:

- Record your weight and blood pressure
- Ask for a urine sample (The urine sample will allow us to check to see if you may be developing any complicating conditions such as gestational diabetes – high blood sugar resulting from your pregnancy, or preeclampsia – a sudden rise in blood pressure, excessive weight gain, and fluid retention)
- Measure the size and shape of your uterus (beginning in week 22) to check to see if your baby is growing and developing normally
- Measure your baby's heart rate

Ultrasound Examinations

You'll have several ultrasound exams during your pregnancy. This allows us to:

- See whether your baby is growing at a normal rate
- Record your baby's heartbeat and breathing movements
- See if you are carrying more than one baby
- Identify a variety of other issues that affect could your pregnancy or delivery

For your convenience, we provide ultrasound services in our office.



Screening for Gestational Diabetes

We generally perform a blood test to screen for gestational diabetes at 12 weeks for women who are at higher risk of developing gestational diabetes. We test all other expectant mothers for gestational diabetes in the 24-28-week range.

Risk Factors for Gestational Diabetes

You are at greater risk for gestational diabetes if you:

- Have a family history of diabetes
- Have previously given birth to a baby weighing more than 9 pounds
- Are obese

Glucose Tolerance Test

This test involves drinking a sugary liquid. After an hour, we'll take a blood sample to check the sugar level in your blood. If the level is high, you may need more testing to determine whether or not you have gestational diabetes.