

Prenatal Care - What to Expect

Regular health care during pregnancy is a good way to make sure that both mother and baby are safe and healthy.

You may choose a midwife, nurse practitioner, family doctor or obstetrician to care for you during your pregnancy.

On one of your first prenatal visits, the health care giver will usually:

- talk about your pregnancy and when your baby will be born
- ask questions and start to fill in the special prenatal forms that will be your record for the pregnancy
- ask about any discomforts such as nausea and vomiting, and offer treatment if necessary
- check your blood pressure
- do a full physical check-up
- do blood tests for blood type, certain infections, and other tests as needed
- do a pap test and a vaginal exam to check for the size of the uterus
- talk about prenatal classes and community services
- make appointments for your prenatal visits

At every prenatal visit, you should expect the care giver to:

- check your blood pressure
- weigh you
- check your urine for any sugar or protein
- listen to the baby's heart
- check the growth of your baby by measuring your abdomen
- answer any of your questions

Prenatal health visits are usually:

- once a month until the 7th month (28 weeks)
- two times a month until the 9th month (36 weeks)
- once a week in the last month



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