



## Locations

### Women's Care

PAYSON  
15 S 1000 E, Ste 125  
Payson, UT 84651

SPANISH FORK  
819 E Market Place Dr,  
Ste 300C  
Spanish Fork, UT 84660

For an appointment at either location  
call 801-465-2559. Se habla español.



[CanyonViewMedical.com](http://CanyonViewMedical.com)

# Routine Prenatal Visit Schedule





## Pregnancy may come with a few surprises. Fortunately, nothing needs to be surprising about your care.

Here is a typical schedule of prenatal visits for low-risk pregnancies, allowing for repeated opportunities to learn more about pregnancy and your newborn, ask any questions, and get to know your providers.

We will check your blood pressure and other key parameters to monitor your health and make sure your baby is growing appropriately. Of course, individual circumstances may require changes to this schedule.

### 8–10 WEEKS

- Calculated from the first day of your last menstrual period.
- Ultrasound to confirm dates and a urine sample to screen for infections.

### 16–18 WEEKS

- Physical exam with a pap smear if indicated.
- Routine prenatal blood work, including optional quad screen.
- Ultrasound to identify gender if desired.

### 22 WEEKS

- Anatomy scan with the ultrasound technician followed by a short visit (within a few days) with our advanced practice providers to review results and answer questions.

### 26 WEEKS

- Measure the size of the uterus and listen to fetal heart tones.
- Blood work to screen for anemia and gestational diabetes.

### 30–32 WEEKS

- Measure the size of the uterus and listen to fetal heart tones.
- Tdap vaccination to protect your newborn from whooping cough (Pertussis).

### 34 WEEKS

- Measure the size of the uterus and listen to fetal heart tones.

### 36 WEEKS

- Measure the size of the uterus and listen to fetal heart tones.
- A quick ultrasound may be done to determine if the baby is in the appropriate position.
- Vaginal swab to screen for Group B Strep (requiring antibiotics during labor).
- Discuss induction of labor (at 39+ weeks).

### 37–40 WEEKS

- Weekly visits to measure the size of the uterus and listen to fetal heart tones.
- Consider checking the cervix to evaluate for dilation.