

# Importance of Early Regular Medical Visits

## First Visit to the OB Office

### History

During your first visit to the O13 office, a medical, family and pregnancy history is usually obtained. From this information, your O13 provider will be able to give you some idea if there are any problems in these areas that should be considered for your pregnancy.

### Physical

An obstetrical physical and pelvic exam is also usually done. This informs the O8 provider of any physical problems that might affect your pregnancy.

### Lab Tests

Various blood tests and cultures are usually done to obtain information needed to monitor you and your baby's health. A list of these is included in this book under the heading "Prenatal Testing." Ask your provider to fill out your blood type on your "Appointment Record".

### Delivery Date

On the initial visit, your "due date" will be calculated. Your "due date" is just an estimate, however. A baby may be born before or as much as two weeks after this date. The most common method used to calculate your "due date" is to count back three months from the first day of the last menstrual period (LMP) and add seven days.

This time period is 280 days or forty weeks.

### Drugs, Alcohol, Smoking, and Chemical Exposure

The use of drugs and alcohol, smoking, and exposure to chemicals found in the home or workplaces are subjects usually discussed early in your pregnancy. Most providers prefer you take no medications in the first 12 weeks (3 months) of your pregnancy. After this time, medications ("over-the-counter" or prescription) should be taken on the advice

of your OS provider. The use of alcohol as well as smoking can damage the baby. Please discuss this with your O8 provider during your initial visit. Your work and home environment should also be discussed to determine if there could be possible exposure to any chemicals there that could damage the baby.