

# PREGNANCY MEDICAL VISIT MILESTONE CHART

Patient Name: \_\_\_\_\_

Due Date: \_\_\_\_\_

Provider: \_\_\_\_\_

Blood Type: \_\_\_\_\_

## TIMING

## FOCUS & MILESTONES

## TESTS & SCREENINGS

### FIRST TRIMESTER (Weeks 1-12)

Weeks 8-10

Confirmation of pregnancy; Medical history; Viability ultrasound.

Blood type, Rh factor, Rubella, HIV, STI screen, Pap smear.

Weeks 11-13

Fetal heart tone check; Genetic counseling.

Nuchal Translucency (NT) Scan; NIPT blood test (optional).

### SECOND TRIMESTER (Weeks 13-27)

Weeks 16-20

Physical growth check; Maternal well-being.

Quad Screen (Multiple Marker); Anatomy Scan (Ultrasound).

Weeks 24-28

Monitoring fetal movement; Fundal height measurement.

Glucose Challenge Test (GCT); Repeat Hemoglobin/Hematocrit.

**TIMING****FOCUS & MILESTONES****TESTS & SCREENINGS****THIRD TRIMESTER (Weeks 28-40)**Weeks  
28-35

Bi-weekly visits; Rhogam injection (if Rh-).

Tdap Vaccination; Fetal kick counts monitoring.

Weeks  
36-37

Weekly visits begin; Birth plan review; Fetal positioning.

Group B Strep (GBS) swab; Pelvic exam (if indicated).

Weeks  
38-40

Cervical checks; Discussion of induction/labor signs.

Biophysical Profile (BPP) or Non-stress test (if post-dates).

Routine vitals (Weight, Blood Pressure, Urine) performed at every visit.

*Clinical Notes / Questions for Next Visit:*