

FIRST TRIMESTER MILESTONE CHART

Weeks 1 - 12

Patient Name:

Due Date:

Provider:

Blood Type:

DONE	MILESTONE / PROCEDURE	TIMING
	Confirmation Appointment Pregnancy test confirmation and medical history review.	Weeks 6-8
	Initial Ultrasound Dating scan to establish estimated due date and check heartbeat.	Weeks 7-9
	Prenatal Blood Panel CBC, Rubella, Blood Type, Rh Factor, and Infectious Disease screen.	Weeks 8-10
	NIPT / Genetic Screening Non-Invasive Prenatal Testing for chromosomal health.	Week 10+
	Nuchal Translucency Scan Specialized ultrasound screening for developmental markers.	Weeks 11-13

DONE MILESTONE / PROCEDURE

TIMING

First Trimester Summary

Review of screening results and transition to 2nd trimester care.

Week 12

Questions for Provider / Personal Notes: