

# PREGNANCY APPOINTMENT TRACKER

Patient Name: \_\_\_\_\_ | Due Date: \_\_\_\_\_

WEEK	PURPOSE / TESTS	DATE & TIME	NOTES & QUESTIONS	DONE
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## First Trimester (0 - 13 Weeks)

8-10      Confirmation &  
Initial Bloodwork

11-13    Nuchal  
Translucency /  
NIPT Scan

## Second Trimester (14 - 27 Weeks)

16        Routine Checkup

20        Anatomy  
Ultrasound

24        Routine Checkup

28        Glucose  
Screening /

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Rhogam (if needed)

**Third Trimester (28 - 40+ Weeks)**

- 30-34 Bi-weekly Checkups
- 36 Group B Strep Test
- 37-39 Weekly Checkups / Cervical Check
- 40+ Post-term Monitoring