When you’re expecting, it’s important to get the care you and your baby need. Below are guidelines for recommended doctor visits for women whose pregnancy is considered average risk. These guidelines do not replace your doctor’s judgment, so be sure to follow your own doctor or midwife’s advice on when and how often you should visit.¹

### First Perinatal Visit

**Weeks/Days:**
- 6–12 weeks

**Frequency:**
- Monthly

**Appointments (see reverse):**
- 1–4

### Ongoing Prenatal Visit Schedule

**Schedule:**
- 13–27 weeks
- 28–35 weeks
- 36–40 weeks
- 40–42 weeks

**Frequency:**
- Monthly
- Twice a month
- Weekly

**Appointments (see reverse):**
- 1–4
- 1–4
- 1–5

### Post Due Date

**Schedule:**
- Between 21 and 56 days after delivery

### Post-Partum

**Schedule:**
- As needed

**Appointments (see reverse):**
- A full post-partum visit is needed even if you’ve seen your doctor for a brief check-up after delivery

**What to expect**

**Your first visit may include:**
- An initial history
- Physical examination
- History of immunizations
- Laboratory tests (blood work)
- Genetic counseling, screening, and testing
- Dental history

**You can expect the doctor to:**
- Assess the wellbeing of you and the baby
- Perform a physical exam— including blood pressure, weight, and possible cervical exam
- Request a urine sample, if appropriate
- Check the baby’s heart rate and position
- Check the uterine size
- Recommend the flu vaccine if you will be pregnant during flu season

**Post-Partum visit may include:**
- Physical Exam
- Counseling and discussion on:
  - If applicable, how breastfeeding is going
  - Promote health, and preventive health measures, losing weight gained by pregnancy
  - Importance of visits to baby’s doctor
  - Resuming sexual activity and family planning
  - Primary care provider follow up
- Depression screening

### Important considerations:

Make sure you tell your doctor if you experience any of these:
- Pain (contractions), bleeding, or leaking of fluid
- Nausea
- Increased stress level, depression symptoms

### Topics to discuss with your doctor during your visits:

- Childbirth options
- Breastfeeding benefits
- Childbirth, breastfeeding, infant CPR classes
- How will I know if I am having preterm labor?
- How will I know I am in labor?
- What do I do if I have a medical emergency?
- What to expect in the hospital?

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¹ The recommended doctor visit schedule does not describe benefit coverage or payment.
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Notes:

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Nondiscrimination Notice & Translation Resources

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don’t speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).