

## EARLY SIGNS OF PREGNANCY

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Dizziness



Tender breasts



Fatigue & tiredness



Increased sensitivity to smell



Nausea



Mood swings



Frequent urination



Missed period

## HOW WILL MY PRENATAL CARE WORK?

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We are coordinating with local maternity providers to give you safe and accessible prenatal care close to home. Some of your appointments will be with the provider who will deliver your baby, and the majority of visits will be at your local county health department.

## WHERE WILL I DELIVER MY BABY?

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Where you deliver will often depend on what community you live in and at which clinic you normally receive care. This decision will be made with the provider who will deliver your baby.

## WHAT SHOULD I EXPECT AT MY VISITS?

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- **First trimester (0-13 weeks):** Visits are usually every 4 weeks.
- **Second trimester (14-27 weeks):** Visits are usually every 4 weeks.
- **Third trimester (28+ weeks):** Visits become more frequent and will usually occur every 2 weeks until 36 weeks; then weekly until delivery.

Your **first visit** may be at your local health department or with the provider who will do your delivery. Regardless of where you visit, a complete medical history will be obtained and a physical exam will be done.

If you have current insurance coverage or have been approved for SoonerCare or Soon-to-be-Sooners, you will have lab work drawn. The list of labs include:

- **Blood type, with Rh determination** - checks to see what your blood type is.
- **Antibody Screen** - checks your blood for any antibodies.
- **Complete Blood Count (CBC)** - checks for anemia and infection.
- **Hepatitis B and C** - checks to make sure you don't have hepatitis B and C.
- **HIV** - checks to make sure you don't have the human immunodeficiency virus.
- **Rubella titer** - checks to make sure you are immune to rubella (a form of measles).
- **Syphilis** - checks to see if you have syphilis, which can cause birth defects.
- **Urinalysis (UA), with culture** - checks for infection, plus kidney and hydration status.
- **Urine Drug Screen** - tests for the presence of drugs and prescription medications.
- **G/C** - checks to see if you have Gonorrhea or Chlamydia, which can cause problems in pregnancy.
- **Pap smear** - only if you are over the age of 21 and if you are due for one.
- **Additional labs may be necessary**, as determined by the provider.