

Visiting Your Provider During Pregnancy

It is very important to visit your provider regularly while you are pregnant. Contact your provider to schedule your first appointment as soon as you think you may be pregnant.

The frequency of visits to your provider during your pregnancy is determined by your individual needs and if there are any risks associated with your pregnancy. Generally, women with uncomplicated pregnancies visit their providers on the schedule listed in the table below. However, women with medical or obstetric problems, as well as younger adolescents, may require more frequent visits, which would be determined by your provider based on the type and severity of problems.

Typical Visit Schedule

<i>Stage of Pregnancy</i>	<i>Visit Frequency</i>
Up to 28 weeks	Once a month
28 to 36 weeks	Once every two weeks
From 36 weeks until delivery (40-42 weeks)	Weekly
After delivery	Postpartum visit: one visit, usually four to six weeks after delivery. (In some cases, your provider will want you to come in before four weeks for a brief check. If so, your provider will still schedule a full postpartum visit for you between about four and six weeks after delivery.)