

Obstetrical Timeline

- Preconception—start prenatal vitamins
- Missed period—check a home pregnancy test
- Positive home test—call our office to make your appointment
- First appointment is with our OB assistant who will take your History and fill out the forms. Your first sonogram will be scheduled at this appointment.
- Appointment with doctor will be scheduled around 9-11 weeks.
- After your first visit with the doctor, you will be seen regularly. These visits monitor the growth of the baby and the mother's blood pressure, weight, and urine.
- At 18-20 weeks your full sonogram will be scheduled.
- At 25-28 weeks, you will be tested for diabetes.
- At 30 weeks, you need to pre-register at the hospital (AMH).
- At 35 weeks, you will be tested for Group B Strep.
- From 37 weeks on the doctor will do a pelvic exam to determine if you are dilated
- If you feel like you need to go to the hospital at any time in your pregnancy, you should go to Arlington Memorial Hospital as that is the only hospital where your doctors practice.
- Common over the counter medications that are approved during pregnancy:
 - Tylenol
 - Kaopectate
 - Tylenol PM
 - Tylenol Sinus
 - Claritin
 - Senokot
 - Milk-of Magnesia
 - Pepcid
 - Mylanta
 - Maalox
 - Robitussin Cough Syrup
 - Monistat or Mycolog Cream
 - Benadryl

Contact Information

Our phone number is 817-277-9415.