

# Pregnancy For Dummies

From *Pregnancy For Dummies*, 3rd Edition by Joanne Stone, Keith Eddleman, Mary Duenwald

**Cheat  
Sheet**

Once you find out you're pregnant, follow a recommended schedule of prenatal visits and review the tests you can expect for each doctor's visit. Learning a few medical abbreviations used by your doctors and hospital staff will help you keep up with what's going on all the way through your delivery. Keeping tabs on your baby's growth is exciting, especially when you have a helpful growth chart to follow. Keep a bag packed towards the end of your pregnancy and have important phone numbers handy ahead of time.

## A Typical Schedule for Prenatal Visits and Tests

To ensure the health of you and your baby, you'll need to schedule regular visits to your doctor during your pregnancy. Use this guideline for making your appointments and understanding common procedures for each visit:

Weeks	Possible Tests
6-8	Blood type, rubella titer, blood counts, HIV antibody, syphilis, hepatitis screen, ultrasound.
10-12	Doppler detection of fetal heart; CVS, if planned.
11-14	First trimester screen/Nuchal translucency (11–12 weeks is best).
15-18	Second trimester serum screen (sometimes called quad screen); amniocentesis, if planned.
18-22	Ultrasound to evaluate fetal anatomy.
24-28	Glucose screen to check for gestational diabetes.
28-36	Every-other-week visits to check blood pressure, weight, urine protein, and fetal growth.
36-40	Weekly visits to check the same things noted for 28–36 weeks and to assess fetal position. Some practitioners do internal exams to check the cervix; some do a vaginal/rectal culture for group B streptococcus.
40-??	Twice-weekly visits to assure fetal well-being.

## Your Baby's Growth during Pregnancy

At the eighth week of pregnancy (date of last menstrual period) the embryo is now referred to as a fetus. All organs are formed and the remaining 32 weeks of pregnancy is a time for the fetus to grow and mature. Take a look at this chart to see how your baby's body weight and length changes during your pregnancy:

Weeks Pregnant (Measured from LMP)	Average Weight	Average Length
8	0.035 oz (1 g)	1.5 in (3.81 cm)
10	0.175 oz (5 g)	2.4 in (6.10 cm)
12	0.7 oz (20 g)	3.5 in (8.89 cm)
14	2.1 oz (60 g)	4.1 in (10.41 cm)
16	4.2 oz (0.12 kg)	6.25 in (15.88 cm)
18	8.0 oz (0.23 kg)	7.8 in (19.81 cm)
20	12.0 oz (0.34 kg)	9.75 in (24.77 cm)
22	1 lb 0 oz (0.45 kg)	11.0 in (27.94 cm)
24	1 lb 8 oz (0.68 kg)	11.7 in (29.72 cm)
26	2 lb 0 oz (0.91 kg)	12.5 in (31.75 cm)
28	2 lb 12 oz (1.25 kg)	13.7 in (34.80 cm)
30	3 lb 10 oz (1.65 kg)	14.8 in (37.60 cm)
32	4 lb 6 oz (2.00 kg)	15.6 in (39.62 cm)
34	5 lb 3 oz (2.35 kg)	16.4 in (41.66 cm)
36	6 lb 0 oz (2.72 kg)	17.5 in (44.45 cm)
38	6 lb 12 oz (3.10 kg)	18.7 in (47.50 cm)
40	7 lb 8 oz (3.40 kg)	19.5 in (49.53 cm)

lb = pounds    kg = kilograms  
oz = ounces    g = grams  
in = inches    cm = centimeters