

WHAT IS PRENATAL CARE?

Prenatal care is health care that you get while you are pregnant.

WHY IS PRENATAL CARE IMPORTANT?

Regular prenatal care will help you and your baby healthy. Your doctor, nurse, or midwife, will help you keep track of your baby's development. They will also do routine testing to help find and prevent possible problems for you and your baby.

WHEN SHOULD YOU START GETTING PRENATAL CARE?

You should start getting prenatal care as soon as you know you are pregnant.

CLINIC NUMBERS

Monument Health L&D:
605-455-8324

Oyate Women's Health Clinic:
605-355-2471

Native Women's Health Clinic:
605-342-7400

Pine Ridge IHS L&D:
605-867-3007



CONTACT US

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THE OYATE HEALTH CENTER



WHY DO YOU NEED PRENATAL CARE?



WHAT CAN YOU EXPECT DURING YOUR PRENATAL CARE VISITS?

Your first visit will likely be long, your provider will:

- Ask about your health history including diseases, operations, or prior pregnancies
- Ask about your family's health history
- Do a complete physical exam, including a pelvic exam and Pap test (if over 21 years old)
- Take your blood and urine for lab work
- Check your blood pressure, height, and weight
- Calculate your due date
- Answer your questions

Write down any questions you have to talk about with your provider.

After your first visit, your visits will get shorter. Your provider will check on you and your baby's health. Most prenatal visits will include:

- Checking your blood pressure
- Measuring your weight gain
- Measuring your abdomen to check your baby's growth (once you begin to show)
- Checking the baby's heart rate

While you're pregnant, you also will have some **routine tests**. Some tests are suggested for all women, such as **blood work to check for anemia, blood type, Syphilis, HIV, and other factors**. Other tests might be offered based on your age, personal or family health history, ethnic background, or the results of routine tests you have had.

YOUR PRENATAL CARE TIMELINE

Your provider will create a plan with you to meet **your specific needs**. The typical prenatal care schedule for a someone who is 18 – 35 years old and relatively healthy is:

EVERY 4 WEEKS

for the first 28 weeks



EVERY 2 WEEKS

for the 28th– 36th weeks



EVERY WEEK

from the 36th week until delivery

PRENATAL CARE LABS

Routine lab tests during pregnancy:

- Complete blood count (CBC)
- Blood type and Rh factor
- Urinalysis
- Urine culture
- Rubella
- Hepatitis B and Hepatitis C
- Sexually transmitted infections (STIs)
- Syphilis three times during pregnancy
- Human immunodeficiency virus (HIV)

