



What to Expect at Your OB Appointments

After your initial prenatal visit, your appointments will last about 15 minutes. At each visit, our Medical Support Staff will check your weight and blood pressure. Starting at your 15-week visit, we will listen to your baby's heartbeat with a small instrument called a Doppler. It uses sound waves to listen to the heartbeat. Your provider will measure your uterine size and talk to you about any concerns you may have.

Blood tests will be drawn at your first OB visit. This will test your blood type, Rh Factor, exposure to hepatitis and syphilis, and immunity to German measles. You will be offered a test for HIV (AIDS), which is voluntary and only done if you consent to it. We will notify you of your HIV results by phone and review the remainder of your test results at your next visit.

An AFP test is offered at 15-18 weeks gestation to screen for Down's Syndrome and neural tube defects. Please see separate handout for more detailed information.

Between 25-28 weeks gestation, you will be asked to drink a bottle of sugar water and have a blood test drawn for gestational diabetes. If you are Rh negative, you will be retested for antibodies and given a Rhogam shot at this time.

Around 36 -37 weeks gestation, a swab will be taken from your vagina and rectal areas to screen for group B Streptococcus, a bacterium that is commonly found in the vagina of 30% of women. Antibiotics will be given during labor to protect your baby if group B Streptococcus is present.

We would like to see you every 4-5 weeks during the first 28 weeks of your pregnancy, every 2 weeks from 28-36 weeks and then weekly until you deliver. High risk pregnancies may require from frequent visits.

OB/GYN Appointment / Nurse Line: [\(763\) 587-7916](tel:7635877916)

Office Hours: Monday – Friday, 7:30 am – 5pm

Tuesday: Plymouth Office has extended hours until 8pm

Thursdays: Crystal Office has extended hours until 8pm

Crystal Office
5109 36th Ave. N.
Crystal, MN 55422

Maple Grove Office
9825 Hospital Drive Suite 300
Maple Grove, MN 55369

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Center for Women's Health
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For more information about Voyage Healthcare and the services we offer, please visit us at

www.voyagehealthcare.com