



Enlightened Birth Midwifery Service

Cathy O'Bryant *Certified Professional Midwife, Licensed Direct Entry Midwife*
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Prenatal Visit Schedule

Prenatal checks include blood pressure, urine check (for protein, ketones, blood, glucose and ph), measure your fundal height, palpate the position of your baby, listen to the fetal heart rate, check your weight, and do occasional vaginal checks. We also discuss your emotional well-being and your nutritional status

Prenatal Checks:

MONTH	DATE	MONTH	DATE	MONTH	DATE
1st	_____	2nd	_____	3rd	_____
4th	_____	5th	_____	6th	_____
7th	_____				
Week 32:	_____	Week 34:	_____		
Week 36:	_____	Week 37:	_____	Week 38:	_____
Week 39:	_____	Week 40:	_____	Week 41:	_____

Hemoglobin Checks: Week 14: _____ Week 29: _____

Postpartum Checks

24 hours: _____ 5 days: _____ (PKU)

In the event you tear and need stitches:

2 weeks: _____ 6 weeks: _____