

Title: Prenatal Care for You and Your Growing Baby!

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Abstract:

In prenatal care (which simply means, "before birth"), your doctor will track your overall health and baby's health by talking to you, and with lab tests and a physical exam. These doctor's visits are very important. One way the doctor will measure your baby's growth is through a measurement of your growing belly, called "symphysis-fundal height (SFH) measurement". This is an inexpensive and easy screening tool for fetal growth (an important measure of fetal health). Your doctor will also feel your belly for your baby's position and fluid around your baby. If your doctor has any concerns about your baby's growth, she will refer you to have an ultrasound and help you through the process of looking at those results. These measures of your baby's growth aren't 100% accurate and your doctor will use all parts of your story and exam to decide how best to help you and your baby.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Have more questions?

Department of Health and
Human Services: Women's
Health

<http://www.womenshealth.gov/faq/prenatal-care.cfm>

1-800-994-9662

American Pregnancy
Association

<http://www.american-pregnancy.org>

972-550-0140

Mayo Clinic

<http://www.mayoclinic.com/health/pregnancy-week-by-week/MY00331>



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