

Family Medicine Clerkship Plain Language Summary Template

Title: Doctor visits during pregnancy

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Plain Language Summary:

Having a baby is an exciting time in a mom's life. It can also be a very scary time. Women naturally have many concerns and questions during pregnancy. It is okay to feel happy, sad, nervous, or unsure during this time. Doctors are here to help parents work through any emotions and answer any questions.

What happens during my routine visits?

Your doctor will want you to come to the clinic every few weeks while you are pregnant. Prenatal visits are routine visits to make sure both mom and baby are doing well. Your doctor will ask you questions about your mood, health, and the changes your body is going through. As your baby grows the doctor will measure the size of your uterus and listen for the baby's heartbeat. Some visits have special tests for things like gestational diabetes and blood type.

How many visits do I need?

Historically, women in the United States had 14 prenatal visits during their 40 weeks of pregnancy. This schedule included 1 visit every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, then weekly until delivery. Studies are starting to show that 14 visits is not necessary for low-risk pregnant women. One study shows that low-risk women who have 8 visits have the exact same results as those with 14 visits. Fewer visits can also save you money! It is a good idea to talk to your doctor about the best schedule for you.



What if I have questions between appointments?

You can always call the clinic with any questions or concerns. Never wait until your scheduled appointment if you are afraid something bad is happening. We are here to take care of you!

I still have questions, where can I go for more information?

Pregnancy Center: WebMD

<http://www.webmd.com/baby/default.htm>

Pregnancy: National Institute of Health

<http://health.nih.gov/topic/Pregnancy>

Pregnancy week by week: Mayo Clinic

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

Key words:

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Routine OB visits

Gestational diabetes

Screening in pregnancy

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