

OB-GYN Care for a Healthy Pregnancy and Delivery



ORLANDO
HEALTH®

**Winnie Palmer
Hospital**
For Women & Babies

At Orlando Health Winnie Palmer Hospital for Women and Babies, we are your partner for a healthy pregnancy and safe delivery. Throughout your journey to motherhood, routine pregnancy care is the best way to maximize health for you and your baby.

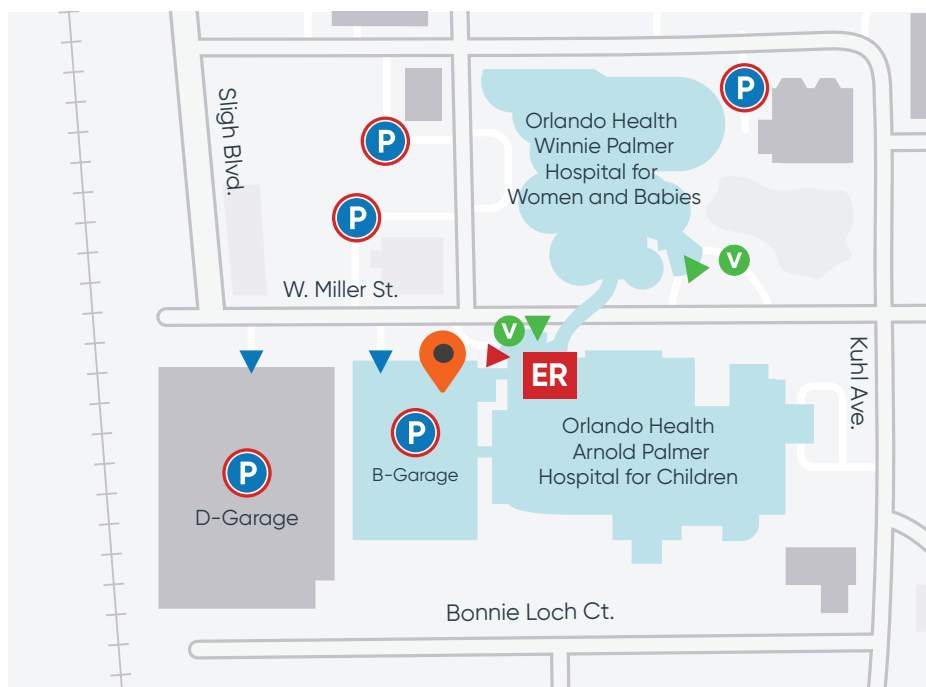
The following are general guidelines for a healthy pregnancy. Your OB-GYN may recommend other tests or procedures based on your health and risk factors and those of your baby. Should you need additional support, our Maternal-Fetal Medicine specialists offer expert high-risk care for both you and your baby.

Please note that these are general guidelines. Each pregnancy is unique so it's important to follow the specific guidelines of your own OB-GYN.

Screening/ Appointment	When	Frequency	Details
OB Care			
Pregnancy confirmation	8 weeks gestation, assuming no pain or history of high-risk pregnancy	Once	If you have underlying conditions or are age 35 or over, your OB-GYN may recommend a consultation with a Maternal-Fetal Medicine specialist
Routine visits with your OB-GYN	Starting at 8 weeks gestation	<ul style="list-style-type: none"> Every 4 weeks until 36 weeks Every 2 weeks until 38 weeks Weekly until delivery 	A mere guideline, as your pregnancy may be different – every pregnancy is unique and different
Non-invasive prenatal testing (NIPT) and first trimester labs	10 weeks gestation	Once	NIPT tests for Down syndrome, trisomy 18 and trisomy 13
Nuchal translucency (NT) test	12 to 13 weeks gestation	Once	Measures the nuchal fold on the back of your baby's neck for possible chromosomal abnormalities
MSAFP labs	15 to 21 weeks gestation	Once	Blood test that measures alpha-fetoprotein (AFP), a protein produced by the fetus' liver, to determine risks of a neural tube defect
Maternal-fetal medicine consultation	16 to 21 weeks gestation; routine if 35 or older	Once, unless complications are identified	Ultrasound and consult to review possible high-risk complications or conditions for both you and your baby
Baby's full anatomy scan	20 weeks gestation	Once; twice baby is positioned in a way where your provider can't see their full body	Ultrasound to check all parts of your baby's body for abnormalities
Third trimester labs	28 weeks gestation	Once	

Screenings (continued)

Screening/ Appointment	When	Frequency	Details
Group B strep test	36 weeks gestation	Once	Blood test that checks to see if you are infected with the group B streptococcus bacteria, which can cause serious infection in newborn babies
Prenatal Breastfeeding	Third trimester	Once	Virtual class
Preparation for Birth	Beginning 90 days before due date	Once	Virtual class
Birth Preparation			
Pre-register for delivery	Third trimester; at least 4 weeks before due date	Once	
Complete your birth plan	Third trimester; at least 3 weeks before due date	Once	
Obtain breast pump	Third trimester; at least 3 weeks before due date	Once	Contact your health insurance provider for coverage and offers
Obtain car seat	Third trimester; at least 3 weeks before due date	Once	
Pack your hospital bag	Third trimester; at least 3 weeks before due date	Once	
All About Baby	Third trimester	Once	Virtual class
Basic Newborn Care	Third trimester	Once	Virtual class
Care for Your Core and Pelvic Core	Third trimester or after delivery	Monthly	Virtual class
Take a Hospital Tour	Third trimester	Virtual	Virtual class
After Delivery Care			
Mother Baby TEA: TLC, Education, Answers	After delivery; up to 12 weeks of age	Weekly	In-person
Schedule a private lactation consultation	After delivery	Once; follow-up appointments available as needed	In-person or via phone
Postnatal OB-GYN visit	6 weeks postpartum	Once	



Parking

Free parking is available in the parking garage next to the hospital on Miller Street. Valet parking is also available for your convenience for a nominal fee.

83 W. Miller St.
Orlando, FL 32806
(321) 843-2584

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To make an appointment, call **(321) 843-2584**
or visit **WinniePalmerHospital.com**