



your quilted prenatal care journey






We've created this guide for you to understand what your prenatal care pathway might look like.

Every pregnancy is unique and so we offer the room to tailor the pathway to your needs. This could mean that you might have more or less visits than this chart. Visit lengths can also vary. We will tailor your care to your personalized needs. And, of course, at every visit we take the time to listen to you and answer your questions.

		DATE	LOCATION	VISIT LENGTH	WEEKS	EXAM/LABS	VISIT FOCUS
COMMUNITY CARE SUPPORT AS-NEEDED	FIRST TRIMESTER		 Virtual	60 min	4-8 wks		Visit to initiate care. We will cover early pregnancy education (nutrition, exercise, morning sickness and common discomforts) and options counseling if desired, review your health history, assess any social needs, and start your prenatal care.
			 In-Clinic	60 min	8-12 wks	Physical exam that may include a pelvic exam and vaginal ultrasound, blood draw and genital swab for basic lab work, genetic screening if desired.	We will complete the start of your prenatal care with a physical exam and discuss genetic screening. We will also offer you your first ultrasound and review recommended medications and vaccines. We will tell you more about our clinic and the hospital where your baby will be born.
	SECOND TRIMESTER		 In-Clinic	30 min	16 wks	Check your vitals and fetal heart rate. Optional genetic testing blood draw.	We will schedule your 20 week anatomy scan (ultrasound) to look at the whole baby in detail. We will also discuss topics related to moving into the second trimester such as dental health and doulas.
			 In-Person	60 min	20-22 wks	Your 20 week ultrasound - conducted at an external facility	
			 In-Clinic or Virtual	30 min		Check your vitals and fetal heart rate.	At this mostly educational visit we will review your anatomy scan ultrasound and talk about a variety of pregnancy topics.
			 In-Clinic	30 min	24 wks	Check your vitals and fetal heart rate.	This visit will also be mostly educational. If we didn't review your anatomy scan ultrasound previously, we will in this visit and continue to discuss pregnancy topics
	THIRD TRIMESTER		 In-Clinic	30 min	28 wks	Blood draw, vaccinations, vitals, and fetal heart rate	We will check your iron levels and test you for diabetes and specific illnesses. We will also offer the recommended Tdap (tetanus, diphtheria, pertussis) vaccine and start talking about preparing for labor and newborn care.
			 In-Clinic	30 min	32 wks	Check your vitals and fetal heart rate	At this mostly educational visit will continue talking about your 3rd trimester of pregnancy and preparing for labor. We will review your test results. We will begin discussing your 3rd trimester of pregnancy.
			 In-Clinic	30 min	34 wks	Check your vitals and fetal heart rate	We will continue to discuss what to expect with labor and birth, start discussing your birth preferences, and review your plans for baby feeding.
			 In-Clinic	30 min	36 wks	Vitals, fetal heart rate, genital and rectal swab, plus a quick ultrasound	We will look at the position of the baby and do some essential labs as you get ready to give birth. We will continue talking about your birth preferences.

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COMMUNITY CARE SUPPORT AS-NEEDED	THIRD TRIMESTER		 In-Clinic	30 min	37 wks	Check your vitals and fetal heart rate	We will check in about symptoms of late pregnancy, discuss birth preferences and plans for delivery.
			 In-Clinic	30 min	38 wks	Check your vitals and fetal heart rate	We will check in about symptoms of late pregnancy, discuss birth preferences and plans for delivery.
			 In-Clinic	30 min	39 wks	Check your vitals and fetal heart rate	We will start to talk about what happens if you go past your due date and check on the baby.
			 In-Clinic	30 min	40 wks	Check your vitals and fetal heart rate. We may also recommend an exam to check your cervix.	Plan for additional testing if you reach 41 weeks of pregnancy.
			 In-Clinic	30 min	41 wks	Vitals, fetal heart rate, and non-stress test for baby (external monitoring). In many cases we will recommend an exam to check your cervix.	We will plan for continued testing, and discuss our recommendations for labor induction before 42 weeks of pregnancy.

Additional notes:



your quilted postpartum care journey

We are here for you during your postpartum period. We are committed to not only your physical health, but your emotional and mental health too. During this time, we share resources to help you physically recover from childbirth, nourish your baby, transition back to work when/if it's time, and more. This period, and how we will support you through it, will look different for everyone, but this guide can give you an idea of what to expect. You and your midwife will craft a care plan that fits your needs and preferences.

COMMUNITY CARE SUPPORT AS-NEEDED	POSTPARTUM "FOURTH TRIMESTER"	DATE	LOCATION	VISIT LENGTH	WEEKS	EXAM/LABS	VISIT FOCUS
			 In-Clinic or  Virtual/Phone	30 min	3-5 days	Blood pressure check if needed	We will discuss topics such as infant feeding.
			 In-Clinic  or Virtual	30 min	1-3 wks		We will discuss topics such as support at home, mental health, and your recovery from giving birth
			 In-Clinic	60 min	6 wks	Physical exam, lab work (if needed)	We will discuss topics such as return to movement/intimacy, reproductive life planning (birth control, cycle control, and/or timing of future pregnancies), and physical healing and strength. If you are due for a pap smear or any other health screenings, we can complete them at this visit.
			 In-Clinic  or Virtual	30 min	6 mths	<p>Quilted Health offers optional postpartum care for the first year postpartum and/or annual wellness exams and gynecologic care. Some people will want to complete all of these visits and other people will not - you can decide what is best for you.</p> <p>Discuss topics such as:</p> <ul style="list-style-type: none">• returning to work• relationship changes• sleep and fatigue• safe return to exercise• postpartum sex• how to have the healthiest future pregnancy• nutrition and exercise after baby• reproductive life planning (birth control, cycle control, if/when to have another child, etc.• mood check-in's• future health care needs	
			 In-Clinic  or Virtual	30 min	9 mths		
			 In-Clinic  or Virtual	30 min	12 mths		

Additional notes:
