PRE-NATAL VISITS

Recommended Schedule to minimize your exposure to COVID-19

Please discuss with your doctor

11-13 WEEK

In person visit in clinic

16 WEEK

Virtual visit

20 WEEK

In person visit in clinic

26-28 WEEK

In person visit in clinic

30 WEEK

Virtual visit

32 WEEK

In person visit in clinic

34 WEEK

Virtual visit

36 WEEK

In person visit in clinic

37-38 WEEK

In person visit in clinic or virtual visit

39-41

In person visit in clinic

If you can, please measure your

Weight and Blood Pressure

before each virtual visit

