



# Prenatal care

It Takes a Village: Giving our babies the best chance



Utah Department of  
**Health & Human Services**  
Health Equity

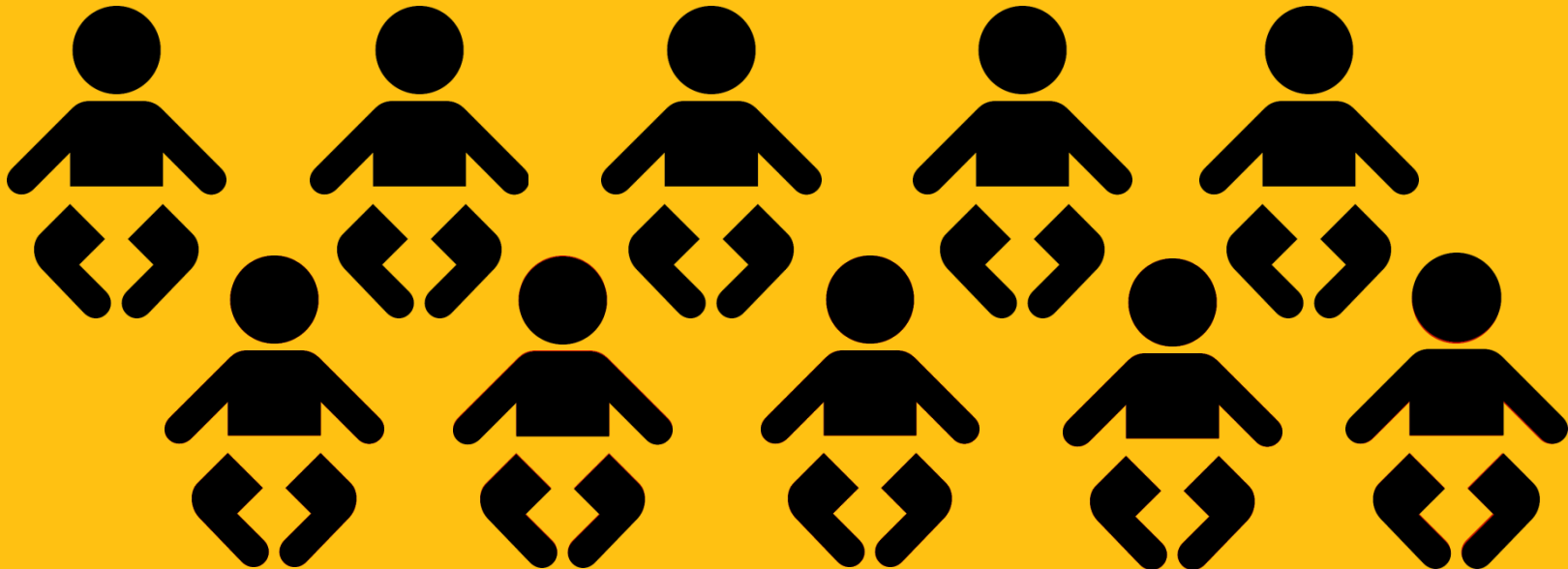
# What is prenatal care?

- “Prenatal care is healthcare for pregnant women.”<sup>1</sup>
- Early prenatal care is prenatal care received in the first trimester.<sup>2</sup>



# Did you know?

- Almost half (44.8%) of our Pacific Islander babies in Utah are born without early prenatal care.<sup>2</sup>



# Why should women get prenatal care?

- Prenatal care can prevent the majority of problems that can cause infant mortality.



# When should women start prenatal care?

- As soon as you find out you are pregnant.
- Most clinics will see you at about 8 weeks.



# How often will women go in for prenatal visits?

- Weeks 4–28: Once per month
- Weeks 28–36: Once every 2 weeks
- Weeks 36–40: Once per week



# What can I expect at a prenatal visit in the first trimester?

- Many questions about your health habits, your life, and your family history
- Physical exam—including pelvic exam
- Blood and urine tests
- Education on what to expect during pregnancy and future visits
- Ultrasound (6–8 weeks)



# What can I expect at a prenatal visit in the second trimester?

- Weight
- Blood pressure
- Baby's heartbeat
- Baby measurement (fecundity)
- Test for gestational diabetes
- History regarding mom and baby's physical well-being
- Ultrasound (18–20 weeks)





# What can I expect at a prenatal visit in the third trimester?

- Weight
- Blood pressure
- Baby measurement
- Check for baby's position
- Questions regarding mom and baby's well-being



# References

1. Office on Women's Health, U. S. D. of H. and H. S. (2012). Prenatal care fact sheet. Retrieved September 29, 2015, from <http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html#a>
2. Office of Health Disparities (2021). Utah Health Status by Race and Ethnicity 2021. Salt Lake City, UT: Utah Department of Health. <https://healthequity.utah.gov/wp-content/uploads/2021HealthStatusbyRaceEthnicity.pdf>

