

## b. Other Prenatal Visits

### MODULE 1

The following visits will be shorter. We will check your weight and blood pressure and take a urine test. The health care provider will measure the height of your uterus to assure that your baby is developing properly and listen to the heartbeat. All these tests help to determine if you are healthy and to keep an eye on your baby's growth.

Each visit is a great occasion to ask questions. It is a good idea to prepare your list of questions before your appointment.

In addition to the regular tests done during the first visit, your health care provider may request other prenatal tests such as an [Ultrasound scan](#)<sup>1</sup>, an [Amniocentesis](#)<sup>2</sup>, or a [Reactive nonstress test](#)<sup>3</sup>. If the health care provider orders one of these tests, be sure to ask why.

Ask your doctor the following questions.



Between 24 to 28 weeks of pregnancy you should have a test for gestational diabetes. Gestational Diabetes Mellitus (GDM) is a type of diabetes that only happens during pregnancy and usually goes away after the baby is born. Most women with GDM are able to control their blood sugar through diet and exercise, only a few women may need insulin. If you are diagnosed with GDM you will be followed closely by your health care provider.

Women who have had GDM are at increased risk of developing type 2 diabetes later in life. A blood glucose test should be performed between six weeks and six months after the baby is born.

<http://www.diabetes.ca/diabetes-and-you/what/gestational/>

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1. This test is used to view the infant on a computer screen by means of sound waves. [Ultrasound scan](#) to find the baby's position, to see if the baby is developing normally, is used to identify the position of the placenta in the uterus. We can also count the baby's heartbeats, check if there is more than one baby, and verify for certain abnormalities. Ultrasound is also used to determine the due date.

2. [Amniocentesis](#) is a screening technique used between the 15th and 16th week of pregnancy. A very fine needle is inserted into the uterus through the mother's belly. The doctor uses the ultrasound to make sure that the needle is inserted in the right place and draws a small quantity of amniotic liquid to analyze it in order to detect genetic abnormalities.

3. This test produces a strip showing the fetal heart rate while it is still in the uterus. The frequency is measured during 20 to 30 minutes. If the baby is healthy, the strip will show heartbeat accelerations as the baby moves.