

a. The First Prenatal Visit

MODULE 1

You probably have had the first prenatal visit. If not, make an appointment immediately. The first medical visit is usually longer than the following visits.

This visit consists of:

- A pregnancy test
- A pelvic and reproductive organ examination
- A complete physical check-up

The health care provider will listen to your heartbeat and check your blood pressure. Your height and weight will be recorded.

You will also have a conversation with your health care provider about your health and your family's health in order to establish your medical history.

During this first visit, the health care provider usually requests a series of lab tests. If you want more information about these tests and their purpose, consult the following table.

LAB TEST	
Name	Purpose
Haemoglobin	This test verifies your blood's ability to absorb the proper amount of iron and oxygen.
Blood group & antibody screening	This test determines your blood type and your RH factor (rhesusO) and it also detects irregular antibodies in your blood.
Rubella titer	This blood test verifies if you are immunized against rebella (German measles).
Hepatitis B surface antigen	This blood test indicates if you have come in contact with the hepatitis B virus.
VDRL (Venereal Disease Research Laboraty) test	This blood test reveals if you have been in contact with syphilis, a sexually transmitted infection.
Urine test	This test is used to verify the quantity of sugar and protein in your urine. It also detect any urine infection.
Papanicolaou or Pap test	This test is done to detect cevical cancer or infection.
Human Immune Deficiency Virus (HIV)	This blood test verifies the presence of the HIV virus which is responsible for AIDS.