

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