

## 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.                                     |