



PRENATAL CARE VISITS

Pregnancy is a special time that requires special care. It's best to see the OB/GYN 13-15 times while you are pregnant, even if you feel fine. Your OB/GYN will check that you and your baby are healthy at each visit. These visits are a good time to ask questions or discuss concerns.

Make sure you keep all your check-ups. If you miss an appointment call your doctor's office to reschedule.

Doctor Visits During Pregnancy

The number and frequency of doctor visits during pregnancy varies depending on your health needs.

Talk to your doctor about how often you need to be seen.

- **4 to 28 weeks (1-7 months):** Once per month (every four weeks)
- **28 to 36 weeks (8 months):** Twice per month (every two to three weeks)
- **36 weeks to delivery:** Once a week

Doctor Visits After Delivery

When and how often you see your OB/GYN after delivery depends on how you gave birth.

C-Section: If you had a C-section you might need to see the doctor twice.

- The first time within the **first week after delivery** to check your incision.
- The second time **1 to 12 weeks (7-84 days)** after delivery for your **postpartum** checkup.

Vaginal: If you had a vaginal delivery you will need to see your doctor:

- **1 to 12 weeks (7-84 days)** after delivery for your postpartum checkup.



**To request information in your language or in another format,
call L.A. Care Health Plan at 1.888.839.9909 or TTY 711**