

Charting My Pregnancy



My Due Date: _____ Due Range: _____(37 weeks) to _____(42 weeks)

My Allergies: _____

Medications/Supplements I've taken prior to or during this pregnancy: _____

Lab results:

Blood type	Hgb/Hct #1	Thyroid Panel
Rh factor	#2	Glucose screen
Antibody screen	Platelets	Pap
Hep B	Iron Panel	GC/CT
Serology	B12/Folate	Urine analysis
Rubella	MTHFR	GBS
HIV	Vit D	

Date	Weeks	Fundus	FHR	Weight	Questions

Labwork in Pregnancy

This is a list of the usual labwork ordered during pregnancy. If you have insurance coverage, all routine tests are usually covered; allergy tests might not be covered. Ask me if you have any questions.

Initial labs done at first prenatal visit

CBC: complete blood count	A measure of your red and white blood cell numbers and platelets; helps determine if you are anemic, undergoing infection, or are prone to excess bleeding.
Blood type	Tells us "the letter": A, B, AB or O. Critical when giving or receiving blood.
Rh factor	Another part of the blood type (Rh+ or Rh-). Most people are Rh+.
Antibody screen	Tells us whether your blood has antibodies that might be harmful to the baby; especially important if you are Rh-.
Serology (RPR)	A test for syphilis, which can be asymptomatic.
Rubella titer	A measure of your immunity to rubella (German measles). If you are not immune, you may want to be vaccinated after pregnancy as protection for your next pregnancy, and will want to avoid exposure during this pregnancy.
HbsAg (or HepC)	To detect exposure to hepatitis B (or C) that may require treatment of the baby after birth
Urine test	Test for sugar, protein, hydration, indications of infection, etc.; done at each visit.
Pap smear	Detects changes in cervical cells that may lead to cancer. We can do it if you have not had a test, or had a test with an abnormal result in the past 6-9 months.
GC/CT: Chlamydia and Gonorrhea culture (urine)	Detects a chlamydia or gonorrhea infection which can be completely symptom-less and cause harm to the baby, using only a urine sample. Can be refused if you are absolutely certain of monogamous status with your partner for at least a year.
Genetic prenatal test - Harmony	Done after 11 weeks, this is a 99% accurate blood test to detect certain genetic conditions, including open neural tube defects, Down Syndrome, or Trisomy 13. It can also tell the baby's gender, and it is a safe affordable alternative to ultrasound for these purposes.

Testing at 28-38 weeks gestation

Hgb/Hct	Hemoglobin/Hematocrit. Counts red blood cell numbers; helps determine if you are anemic and need extra iron, B vitamins, or chlorophyll.
Glucose Tolerance Test (preferred: 2-Hr. Post-Prandial Serum Glucose)	Screens for gestational diabetes and is the standard of care. The typical GTT involves drinking glucose, drawing blood, and a 2+ hour office visit. Some women object to the glucose drink. My preferred method of testing is for you to eat a large meal and I draw your blood 2 hours after. While standards vary for interpreting the results, it can indicate who may need further testing.
Antibody screen	Needs repeated only if mom is Rh-, to help determine if Rhogam can be given to prevent sensitization to an Rh+ baby, to protect future pregnancies.

Optional Labs

Vitamin D, Vit B12, Folate	Tests your serum levels of vitamin D3. Along with omega-3 fats, vitamin D controls a tremendous number of your body's metabolic hormones and functions, from sugar metabolism to inflammation to immune response. Low levels can then be corrected. Another common test is for vitamin B12 and folate, to detect certain types of anemia.
MTHFR	Tests for a common mutation which makes synthetic (non-methylated) B vitamins toxic to you.
E95 & A95 Food Allergy Panel	Tests for allergies to nearly 200 foods for a low price with only one tube of blood drawn. This helps you know which foods you should avoid, and also which foods are the healthiest selections for you to use when replacing allergens. Insurance may not cover this valuable test.
Thyroid Panel	Test to assess your thyroid function, often a hidden cause of many chronic illnesses. Problems detected early enough may be corrected or prevented with supplements.
Iron Panel	To evaluate whether you have true iron deficiency and would benefit from supplementing iron.
HIV test	Detects antibodies to HIV in your blood. Pregnancy can cause false positives.
Other options	Parvo, chicken pox, cytomegalovirus, electrolyte levels, and many other tests, including hormone levels to detect and correct miscarriage risks from low progesterone.