

## **Your 10- to 12-Week Office Visit**

### **Departments of Obstetrics and Gynecology, Fremont Center**

#### **Upcoming Lab Tests**

**10 to 13 weeks:** Blood draw at the Fremont Center Lab for the California Prenatal Screening Program

**11 to 14 weeks:** Nuchal Translucency Ultrasound performed at a perinatal diagnostic center.

Call the perinatal diagnostic center your doctor recommends immediately to schedule an appointment as these centers are often very busy.

**15 to 20 weeks:** Blood draw at the Fremont Center Lab for the California Prenatal Screening Program

If you will be 35 years or older by your due date or if you or the baby's father have a family history of a certain genetic disorder, your doctor will also refer you to a specialist for a Genetic Counseling appointment.

**Please note:** Not all insurance plans cover these tests or genetic counseling. Call your insurer to see what coverage your plan provides. The insurance codes you may need are:

California Prenatal Screening Program 10 to 13 weeks test: 84702 and 84163

Nuchal Translucency Ultrasound: 76813

California Prenatal Screening Program 15 to 20 weeks test: 82105

Genetic Counseling: 99211

#### **Symptoms You May Experience Over the Next Four to Six Weeks**

**Fatigue:** You may need to rest more during the day and go to bed earlier at night.

**Nausea:** For relief, eat small frequent meals, drink plenty of fluids between meals, get fresh air, chew peppermint gum or suck on lifesavers, and try products containing ginger. Avoid fatty, greasy and highly seasoned foods, as well as foods with strong odors.

**Heartburn:** Avoid spicy and/or acidic foods, eat small frequent meals, and do not lie down immediately after eating. Some antacids (Mylanta<sup>®</sup>, Tums<sup>®</sup> and Mylicon<sup>®</sup>) are safe to use during pregnancy.

**Dizziness:** Drink plenty of fluids and avoid standing up or rising too quickly.

#### **Your Baby's Development Over the Next Four to Six Weeks**

Over the next four to six weeks, your baby will:

- Grow to 6 to 7 inches in length and reach a weight of 6 to 7 ounces or more
- Develop reflexes, such as suckling and swallowing
- Develop tooth buds
- Begin forming sweat glands on the palms of the hands and soles of the feet
- Start to develop fingers and toes