

When to Schedule Your First Prenatal Visit | Kaiser Permanente

[Music]

Well, for a lot of women, they're in the middle of their first trimester when they determine that they're pregnant. So it's very important the sooner you determine that you have a positive pregnancy test that you have that conversation with your physician, that you initiate pre-natal care.

By doing that and listening to their advice, you can decrease your risk of complications during pregnancy. For example, just by starting folic acid alone, you can decrease your risk of what we call neural tube defects or defects in the brain and spinal cord.

It is during these first 13 weeks when the critical development of that fetus takes place, so a lot of conversation is needed.

So, the earlier that we can find out what your cycle was like and date your pregnancy based on that, the better, so that we know when to do all of the testing that we do. So come on in, and we'll help get you started.

[End recording]