



THE UNIVERSITY OF ARIZONA  
COLLEGE OF MEDICINE TUCSON

Sonoran Center for  
Excellence in Disabilities

# Prenatal Health

## *What is prenatal care?*

Prenatal care is a form of healthcare you can get during pregnancy. At prenatal Healthcare appointments, you can ask questions and talk about any concerns you have about pregnancy or postpartum. This type of healthcare helps to ensure a healthy pregnancy, prevent complications, and inform parents about their baby's progress.

## What to expect during prenatal visits

- Review of medical history
- Ultrasounds
- Blood tests
- Pelvic & breast exams
- Down Syndrome Screening (also referred to as Neural Tube Anomaly Screening)
- Glucose testing
- Urine sample testing
- Genetic Screening

**Prenatal healthcare can look different for parents with disabilities. You can request any accommodations you need, including a patient advocate, to make sure you and your baby get the care and support needed for a healthy pregnancy.**



For more resources on pregnancy and/or parenting, visit our website:

[bit.ly/ppdisability](https://bit.ly/ppdisability)



## How often should you go for prenatal care checkups?

**Weeks 4 to 28:** 1 prenatal visit every 4 weeks\*

**Weeks 28 to 36:** 1 prenatal visit every 2 weeks\*

**Weeks 36 to 40:** 1 prenatal visit every week\*

*\*Or more often if advised by your clinician*