



**Mystie L. Johnson, M.D.**  
**James M. Johnson, M.D.**  
**Raymond D. Suarez, M.D.**  
**Gema E. Fernandez, M.D.**  
**Philip M. Harmon, M.D.**  
**Corinne Jedyak-Bell, D.O.**  
**Maria DiLeo, M.D.**  
**Kim Roberts, N.P.**  
**Meaza Ejigu, N.P.**  
**Christy Brown, N.P.**

9305 W. Thomas Rd., Suite 155  
 Phoenix, AZ 85037  
 Phone: (623) 936-1780  
 Fax: (623) 936-9116

[www.westvalleywomenscare.com](http://www.westvalleywomenscare.com)

## Your Pregnancy Calendar

<b>6-10 Weeks</b>	Receive "Your Pregnancy Week By Week" Initial prenatal lab tests completed Start prenatal vitamins or multivitamin containing folic acid 0.4mg/day Initial OB intake and physical
<b>10-12 Weeks</b>	Genetic counseling if indicated, Ultra-screen offered.
<b>15-20 Weeks</b>	AFP (Alpha-FetoProtein) and Cystic Fibrosis offered to all patients
<b>17-20 Weeks</b>	Routine Ultrasound as indicated
<b>18-22 Weeks</b>	Initial fetal movement begins
<b>22-24 Weeks</b>	Sign up for childbirth classes
<b>26-28 Weeks</b>	Blood tests for anemia and 2 hour diabetic screen Register for delivery at Banner Estrella Medical Center.
<b><i>Start scheduling routine office visits every <u>2 weeks</u> from 28-36 Weeks</i></b>	
<b>28-30 Weeks</b>	RhoGam injection if Rh negative Begin daily fetal movement counting Choose a pediatrician
<b><i>Now you need to be seen <u>weekly</u> at the office until delivery</i></b>	
<b>36 Weeks</b>	Beta Strep vaginal culture No travel greater than 100 miles from hospital
<b>41 Weeks</b>	Induction as indicated