



Welcome to Women's Health Clinic

Dear Patient,

Welcome to our Ridgecrest Regional Hospitals Women's Health Clinic! We are honored that you have chosen us to care for you during this special time in your life. Our team is committed to providing you with comprehensive, compassionate care throughout your pregnancy journey.

Your First Appointment

Please arrive on time for your first appointment and allow at least one hour for this visit. This extended time allows us to complete a thorough evaluation and answer all of your questions.

What to Bring

Please bring the following items to your first appointment or return them via email beforehand:

- Completed medical history form
- Completed prenatal screening form (please review all options and indicate your choices)
- List of all current medications, vitamins, and supplements
- Insurance card and photo identification

What to Expect During Your First Visit

Your first prenatal visit will include a comprehensive evaluation:

- Detailed medical history, including your personal health history, family history, and your partner's relevant medical history
- Review of any past diagnoses, surgeries, and previous pregnancies
- Complete physical examination, which may include a breast exam
- Pelvic examination, which may include a cervical exam and Pap smear if you are due
- Ultrasound evaluation (if indicated based on your gestational age and individual circumstances). Depending on your gestational age, body habitus, and other factors, this may be performed transabdominally or trans-vaginally
- Orders for ultrasound imaging, routine blood work, and genetic screening laboratories to be completed within the first couple of weeks following your appointment (if you choose to proceed with these tests)

Visitors

You are welcome to bring your partner and one additional support person to your first appointment.

Follow-Up Care Schedule

After your initial visit, routine prenatal appointments are typically scheduled as follows:

- Every 4 weeks until 28 weeks of pregnancy
- Every 2 weeks from 28 to 36 weeks of pregnancy
- Every week from 36 weeks until delivery

This schedule may be adjusted based on your individual medical needs.

We look forward to meeting you and being part of your pregnancy experience. If you have any questions before your appointment, please don't hesitate to contact our office.

Warm regards,

Your Providers, Nurses, and Staff at RRH Women's Health Clinic