

# Now. Not Eight Weeks From Now.

You take a pregnancy test at home....and it's positive. Now what?

The questions start running through your head: What should you be eating or not eating? Can you continue your regular workouts? Are your prescription medications okay for the baby?

Now you don't have to wait 8 weeks to get your answers. [WakeMed Physician Practices – Obstetrics & Gynecology](#) now offers [Early Pregnancy Visits](#) so you can meet with a health care provider as soon as you find out your pregnant.

## Early Visits Are Important for New Moms

[Dr. Chantel S. Roedner](#), an OB/GYN with WakeMed Physician Practices – Obstetrics and Gynecology, says this early visit is important for new moms, especially first-time moms, so they have an opportunity to establish a relationship with a provider early in the pregnancy, and get answers to questions they are concerned about.

*I feel like there are all of these things that women worry about, and sometimes they don't know what advice they should take. Women don't trust everything on the Internet now so with an early visit we are able to provide information and reassurance, and talk about major concerns. We can address any potential issues and identify risk-factors early that can have a positive impact on the pregnancy.*

## What Happens in an Early Pregnancy Visit?

- Receive a confirmation pregnancy test (if required)
- Establish a relationship with a provider to ask questions and discuss prenatal care including:
  - Nutrition
  - Medications safe during pregnancy
  - When to schedule your initial ultrasound and physical exam
- How to contact us if you have questions or concerns



## New Pregnancy Visits

Then, once you are past the 8-week point in your pregnancy, we'll move onto the New Pregnancy Visit where you will have a complete physical exam and schedule your ultrasound.

Appointments can be made at a location near you with offices located in Brier Creek, Cary, Holly Springs, Morrisville, Raleigh, and North Raleigh. Midwives are also available in North Raleigh and Cary. The offices aim to get you in as soon as possible, typically within 24 to 48 hours after you call.

## Find an OB-GYN near you.

To schedule your appointment now, visit [mychart.wakemed.org](https://mychart.wakemed.org) or [search for a provider here](#). For more information on the early pregnancy [visit this page on our website](#) .