

Trimester	Weeks	Frequency of Prenatal checkups	Basic Prenatal Checkup items*	Additional Exams at each stage*	Paperwork and Other things to do
First Trimester	4	Every 4 week	Weight measurement Measurement of length of fundus uteri and abdominal circumference(from 16 weeks on) Check for edema Blood pressure measurement Urine tests Ultrasound scan	Pregnancy test Pelvic exam Blood tests Pap smear test	Notification of Pregnancy and Obtain Mother and Child Handbook from City Hall Checkup coupons are also provided at this time
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Second Trimester	16	Every 2 week		Blood tests Glucose Challenge Test Doppler fetal heartbeat listening	Mum-to-be classes *Classes run by municipal Health Centers/Hospitals. Not compulsory to attend.
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Third Trimester	24	Every week		GBS(Group B streptococcus) Screening Doppler fetal heartbeat listening Pelvic exam Clinical examination of the abdomen (Leopold's Maneuvers) NST	Application of 'direct payment' to Hospital/birth Center
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					After the baby is born:Birth Notification to Local City Hall Join parents' health insurance

\*Checkup/exam items vary depending on physicians' decision.

Reference: 医療情報科学研究所(2009)『病気がみえるVol. 10 産科 第2版』株式会社メディックメディア