

Care for Pregnant Women

CHECK-UP	
History and Check-up	Each visit should include the following <ul style="list-style-type: none"> ▪ Urine dipstick for protein and glucose ▪ Uterine size ▪ Fetal heart rate ▪ Maternal weight and blood pressure ▪ Fetal movement and position if more than 20 weeks pregnant
Prenatal Vitamins	To help prevent birth defects, you should take prenatal vitamins every day. Your doctor will give you a prescription.
Tests	Here is a list of some of the tests your doctor may perform: <ul style="list-style-type: none"> ▪ CBC and Platelet Count ▪ Blood Type ▪ Rh Type with Ab Screen ▪ Pap smear ▪ Rubella blood test ▪ Genetic testing (if you are over age 35) ▪ Hemoglobin (HGB) and/or Hematocrit (HCT) ▪ UA or Multiscreen Dipstick ▪ RPR or VDRL ▪ Hepatitis B screening ▪ STD Screening
FIRST TRIMESTER	
Check-ups	During the first three months of pregnancy you should see your doctor every four weeks. Check-up should include: <ul style="list-style-type: none"> ▪ Urine dipstick for protein and glucose ▪ Uterine size ▪ Fetal Heart Rate ▪ Maternal weight and blood pressure
SECOND TRIMESTER	
Check-ups	During months 4 through 6 of your pregnancy you should see your doctor every four weeks. Check-up should include: <ul style="list-style-type: none"> ▪ Urine dipstick for protein and glucose ▪ Uterine size ▪ Fetal Heart Rate ▪ Maternal weight and blood pressure ▪ Fetal movement and position
Tests	The triple screen test should be done between 15 and 18 weeks
THIRD TRIMESTER	
Check-ups	During the last three months of your pregnancy you should see your doctor every: <ul style="list-style-type: none"> ▪ 4 weeks up to 28 weeks gestation ▪ 2 to 3 weeks between 28 and 36 weeks of gestation ▪ Weekly at 36 weeks gestation until delivery Check-up should include: <ul style="list-style-type: none"> ▪ Urine dipstick for protein and glucose ▪ Uterine size ▪ Fetal Heart Rate ▪ Maternal weight and blood pressure ▪ Fetal movement and position

Care for Pregnant Women – continued

THIRD TRIMESTER (continued)	
Tests	<p>Here are some of the tests your doctor may perform during your third trimester:</p> <ul style="list-style-type: none"> ▪ Gestational glucose tolerance (at 24 to 28 weeks) ▪ CBC/Platelet count (at 24 to 28 weeks and at 36 weeks) ▪ Group B Strep (at 35 to 37 weeks) ▪ Ab Screen/Rhogam (if Rh negative) ▪ Sexually Transmitted Diseases (if at high risk)
INTRAPARTUM	
Group B Strep Prevention	Your doctor will let you know what antibiotics you received at this time.
POSTPARTUM	
Postpartum Exam	Postpartum exam should be done between 21 to 56 days after delivery.
Birth Control Counseling	If needed or requested, your doctor will discuss birth control options with you.
TALK TO YOUR DOCTOR	
<p>To make sure your pregnancy is safe and healthy, your doctor should discuss these topics with you at different times during your pregnancy.</p>	<p>Risk Assessment – First Visit</p> <p>Personal/Social Information</p> <ul style="list-style-type: none"> ▪ Alcohol, tobacco, and/or drug use ▪ Family support systems, domestic abuse ▪ Attitude toward pregnancy ▪ Need for parenting education ▪ Barriers to pregnancy care <p>Medical History (including infections and risk for gestational diabetes)</p> <ul style="list-style-type: none"> ▪ Family and genetic history ▪ Obstetrical history ▪ Environmental assessment ▪ Re-screen history at 24-28 weeks ▪ Continuous observation for risk factors at other visits <p>Counseling</p> <ul style="list-style-type: none"> ▪ Tobacco cessation; effects of passive smoking (nicotine replacement only if increased likeliness of smoking cessation) ▪ Alcohol and other drug use ▪ Violence prevention ▪ Environmental, work hazards ▪ STD Prevention <ul style="list-style-type: none"> - Avoid high-risk sexual behavior - Use condoms ▪ Injury prevention <ul style="list-style-type: none"> - Lap-shoulder belts - Child safety car seats (ages 0 to 3) and child booster seats (ages 4 to 7), including air bag warning <p>Prenatal Education Planning</p> <ul style="list-style-type: none"> ▪ Nutrition ▪ Encourage breast-feeding ▪ Physical activity/sexual activity/travel ▪ Medications ▪ Toxoplasmosis (cats/raw meat) ▪ Preterm labor signs and symptoms, when to call ▪ Screenings and diagnostic testing (as applicable) ▪ General course/changes during pregnancy

Care for Pregnant Women – continued

TALK TO YOUR DOCTOR (continued)

- Issues related to childbirth, postpartum, and infant care
 - Childbirth classes
 - Anesthesia and delivery/birthing plans
 - Labor signs
 - Plans for infant care, including circumcision
 - Maternal postpartum care, including contraception/sterilization and plans for a six-week postpartum visit as appropriate
 - Discharge plans and resources available after discharge
- Additional topics as determined by individual history
 - WIC (Women, Infants, and Children) Program
 - Psychosocial services
 - Genetic counseling
 - Other specialists