ROUTINE PRENATAL CARE GUIDELINE

	Visit 1 6-8 Wks (Mthly)	Visit 2 12 Wks (Mthly)	Visit 3 16-18 Wks (Mthly)	Visit 4 22 Wks (Mthly)	Visit 5,6 28 Wks (Every 2 wks)	Visits 7,8 32 Wks (Every 2 wks)	Visits 9,10 36 Wks (Every 2 wks)	Visits 11,12,13 38-41 Wks (Weekly)
Exam Frequency								
Service/ Screening Tests	Rick profiles Height & weight OB history & Physical CBC (complete blood count) Rubella (German Measles) Varicella (Chickenpox) Ph Factor Urine culture Hepatitis C/HV Domestic abuse Sickle cell Pap smear Sexually transmitted diseases Thyroid Screening	Weight Blood pressure Fetal heart tones	Weight Blood pressure Fetal heart tones Screening test for possible birth defects Sonogram (optional) Uterus height	Weight Blood pressure Fetal heart tones Uterus height	Assess infectious disease risk PTL risk Weight Blood pressure Fetal heart tones Uterus height Diabetes with pregnancy Domestic abuse screening (Rh antibody status CBC & platelets	Weight Blood pressure Fetal heart tones Uterus height Vaginal exam	Weight Blood pressure Fetal heart tones Uterus height	Weight Blood pressure Fetal heart tones Uterus height Confirm fetal position Culture for group B strep
Counseling & Education	Lifestyle Nutrition Warning signs Course of care Body changes during pregnancy Testing for risks in pregnancy Smoking cessation Alcohol & drug abuse HIV	Fetal growth Review lab results Breastfeeding Body mechanics	Second trimester growth Baby movement Lifestyle Body changes during pregnancy	Pre-term labor signs Prenatal classes Family issues Length of stay Diabetes with pregnancy Rhogam	Work activity Physiology of pregnancy Preregistration Fetal growth Awareness of fetal movement PTL symptoms Repeat C/Section vs. Vaginal birth after cesarean – risk & benefits	Travel Sexuality Pediatric care Episiotomy Labor & Delivery issues Warning signs/ Pregnancy Induced Hypertension	Postpartum care Management of late pregnancy symptoms Contraception When to cal provider	Postpartum vaccinations Infant CPR Post-term management Labor & Delivery update
Immunizations	TD (Tetanus/diphtheria) booster Nutritional supplements (High-risk groups) Hepatitis B (High-risk group)				Rhogam Influenza			

Post-Partum Visit - 4-6 Weeks after Delivery
Interval History
Weight
Blood Pressure
Breasts
Abdomen
Pelvic Examination
Episiotomy Repair
Uterine Involution
Emotional Status
Contraception

February 6, 2009