

Antepartum care is a comprehensive program of medical care and support that starts with pregnancy and continues through the postpartum period.

THE VISIT RECAP

My laboratory testing (circle patient's results)

Blood type	O A B AB
Rhesus type (Rh)	positive/negative
Antibody screen	negative/positive for _____
Complete blood count	Hbg ___ Hct ___ Plt ___
Hepatitis B (HbsAg)	negative/positive
HIV	negative/positive
Syphilis	non-reactive/reactive
Rubella	immune/non-immune
Varicella	immune/non-immune
Urinalysis	negative/positive
Urine culture	no growth/positive growth_
Pap smear	normal/abnormal
Chlamydia	negative/positive
Gonorrhea	negative/positive
Early glucose screening	normal/abnormal

My due date

My due date by my period is: _____

My due date by my ultrasound is: _____

MY FINAL DUE DATE IS: _____

THE EDUCATION

Review of visit: laboratory results, pertinent history, physical exam and ultrasound

- Review purpose of labs completed and all results (normal and abnormal)
- Review follow up plan of care for any abnormal results
- Review pap smear, STD screening or vaginosis screenings completed
- Offer education on cervical screening for a woman's lifetime
- Review plan(s) of care for pertinent history (history of gestational diabetes or hypothyroidism)
- Review vital signs, weight, BMI, depression or anxiety screening scores and any abnormal findings on physical exam and appropriate plans of care
- Review all findings on ultrasound and set final estimated due date

Review genetic screening options

- Review carrier screening and aneuploidy screening options available - review referrals as indicated

General housekeeping

- Review prenatal visit schedule and how interval visits are scheduled as indicated; *visit frequency should be individualized* (AAP & ACOG, 2017).
- Review options for telehealth as available.

General housekeeping (continued)

- Review health care team's scope of care (physician, nurse practitioners, midwives, physician assistants) and labor and delivery coverage (AAP & ACOG, 2017).
- Review hospital and clinic layouts. Advise woman where to complete outstanding labs or radiology appointments.
- Review insurance plan and expected costs (AAP & ACOG, 2017).
- Review important phone numbers to clinic and labor and delivery, and expected wait time for calls made to the clinic staff.
- Review methods to contact the clinic via pertinent telehealth platforms.
- Encourage group prenatal care as available (**benefits include: reduced rates of PTD, increased breastfeeding initiation and better preparation for childbirth**). (AAP & ACOG, 2017)
- Review pregnancy warning signs and where to present for care if needed 24/7.

Other pregnancy education

- Provide education on working during pregnancy and postpartum periods (AAP & ACOG, 2017).
- Review recommendations for routine vaccines during pregnancy (AAP & ACOG, 2017). Offer additional guidance if hepatitis A, hepatitis B or pneumococcal are recommended (AAP & ACOG, 2017).
- Review avoidance of tobacco, alcohol and drugs during pregnancy (AAP & ACOG, 2017).
- Review nutrition goals for pregnancy: eat a well balanced diet daily, including fish
- Review recommended for daily prenatal vitamin with 27mg of iron
- Assess for Vitamin D deficiency (vegetarians, limited sun exposure, colder climates, living in northern latitudes, ethnic minorities, darker skin)
- Assess for excessive vitamin or mineral intake (more than twice the recommended allowances (AAP & ACOG, 2017).
- Review weight gain recommendations (AAP & ACOG, 2017).
- Review exercise recommendations and warnings signs (AAP & ACOG, 2017).
- Review dental care recommendations (AAP & ACOG, 2017).
- Review common first trimester discomforts and interventions as needed (AAP & ACOG, 2017).
- Review teratogens (lead, medications, x-rays) in pregnancy and resources
- Review air travel in pregnancy (AAP & ACOG, 2017).
- Review seat belt use and proper form throughout pregnancy trimesters.
- Review mental health resources (both national and within community).
- Review safe sex practices.
- Educate on benefits and recommendations for breastfeeding. Provide education if currently breastfeeding/tandem nursing desired.

THE INITIAL VISIT

Women that receive prenatal care early and often have healthier babies.

WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS	complete these labs (today/ASAP/before) next visit: _____
ULTRASOUNDS	dating scan nuchal translucency anatomy scan growth scan
MEDICATIONS	pick up RX at pharmacy obtain medication OTC
GET VACCINE(S)	flu vaccine TDaP vaccine Other recommended vaccines: _____
REQUEST MEDICAL RECORDS	call medical records department at prior place of care/go to medical records for assistance
REFERRALS/CONSULTATIONS	genetic counselor/maternal fetal medicine (MFM)/physical therapy/chiropractor/mental health/social worker/nutritionist/lactation consultant
OTHER	_____
SCHEDULE YOUR NEXT APPOINTMENT IN:	1 2 3 4 6 DAYS/WEEKS/MONTHS

MY PREGNANCY GOALS

DAILY	WEEKLY	MONTHLY	OTHER
take a daily multivitamin	get restful, adequate sleep	aim for healthy weight gain	visit dentist
take a daily folate supplement	aim for stress reduction	go to prenatal appointments	review/obtain vaccine record
limit daily caffeine to <300mg/day	aim for work-life balance	connect with other pregnant women for support	obtain recommended vaccines
eat a diet rich in fatty acids	150min/week cardio/strength training	monitor your mental health	make a budget for baby
exercise	read pregnancy education		check out library books on pregnancy
stop smoking			

ADDITIONAL PREGNANCY EDUCATION

A Healthy Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdf/Docs/AHealthyPregnancy_SP.pdf

Advice about Eating Fish (FDA)
<https://www.fda.gov/food/consumers/advice-about-eating-fish>

Air Travel during Pregnancy (ACOG)
<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/08/air-travel-during-pregnancy>

Alcohol and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12286>

Are you and your baby safe?
<https://resources.beststart.org/wp-content/uploads/2018/12/H05-F-1.pdf>

Back Pain during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12597>

Birth Options after Having a Cesarean (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12354>

Breastfeeding during Pregnancy and Tandem Nursing
<https://www.llli.org/breastfeeding-info/breastfeeding-tandem-nursing/>

Call your Maternity Unit... (Mama Academy)
<https://www.mamaacademy.org.uk/wp-content/uploads/2015/02/A3-Poster-SIGNS-TO-LOOK-OUT-FOR-1.pdf>

Cervical Cancer Screening (ACOG)
<https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

Changes to Your Baby and Your Body in Pregnancy (in English and Spanish) -
https://www.healthinfotranslations.org/pdf/Docs/ChangesDuringPregnancy_Sp.pdf

Concerns and Discomforts in Pregnancy (in English and Spanish) -
https://www.healthinfotranslations.org/pdf/Docs/ConcernsDiscomfortsPreg_SP.pdf

Eating Safely during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.08.008>

Environmental Hazards during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2005.09.008>

Essential Information for Mums to Be (Mama Academy - in English, Polish, Turkish, Bengali, Punjabi, Urdu, Arabic, Portuguese, Spanish, French, Chinese, Welsh)
<https://www.mamaacademy.org.uk/wp-content/uploads/2020/03/LEAFLET-FOR-MUMS-MARCH-2020.pdf>

Exercise during Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdf/Docs/Exercising_During_Pregnancy_USSp_fin_al.pdf

Exercise during Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12218>

Folic Acid (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12584>

Having a Baby (ACOG)
<https://www.acog.org/womens-health/faqs/having-a-baby>

Intimate Partner Abuse (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12703>

Keeping Your Teeth and Gums Healthy during Pregnancy and Beyond (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13210>

Making Decisions about Prenatal Tests for Birth Defects (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12027>

Marijuana Use During Pregnancy & Breastfeeding FAQs (AAP)
<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx>

Miscarriage (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12084>

Nausea and Vomiting in Pregnancy (in English and Spanish)
https://www.healthinfotranslations.org/pdf/Docs/NauseaVomitingPregnancy_SP.pdf

Nausea and Vomiting in Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12451>

National Domestic Violence Hotline: 1-800-799-SAFE (7233) or 1-800-787-3224, or live chat at thehotline.org

Pregnancy after Bariatric Surgery (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2010.03.002>

Preventing Iron Deficiency During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12940>

The Rh factor: How it can affect your pregnancy (ACOG)
<https://www.acog.org/womens-health/faqs/the-rh-factor-how-it-can-affect-your-pregnancy#--text=During%20a%20pregnancy%2C%20Rh%20antibodies%20affect%20the%20body>

Rh-Negative Blood Type in Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13086>

Sex During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12677>

Smoking and Women's Health: Tips on Why and How to Quit (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12234>

Staying on a Vegetarian Diet During Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13105>

Substance Abuse and Mental Health National Helpline: 1-800-662-HELP (4357) or 1-800-487-4889

Teratogens in Pregnancy (Fact sheets by MotherToBaby)
<https://mothertobaby.org/fact-sheets/>

Tuberculosis and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1016/j.jmwh.2007.04.002>

Vaccines and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12237>

Weight Gain and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12762>

Women of Size and Pregnancy (ACNM)
<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12867>

References: American Academy of Pediatrics, & American College of Obstetricians and Gynecologists. (2017). Guidelines for perinatal care (8th ed.). DOI 10.1002/14651858.CD003519.pub3; American College of Obstetricians & Gynecologists. (2017a). Breast cancer risk assessment and screening in average-risk women. <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2017/07/breast-cancer-risk-assessment-and-screening-in-average-risk-women>; American College of Obstetricians & Gynecologists. (2017b). HIV and pregnancy. <https://www.acog.org/womens-health/faqs/hiv-and-pregnancy>; American College of Obstetricians & Gynecologists. (2018). Management of alloimmunization during pregnancy. <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2018/03/management-of-alloimmunization-during-pregnancy>; American College of Obstetricians & Gynecologists. (2020). Frequently asked questions: Ultrasound exams. [Free for use. Please credit source - \[amidwifefaction.com\]\(https://amidwifefaction.com\). Version 2. Last updated 4/2021.](https://www.acog.org/womens-health/faqs/ultrasounds.htm#:-:text=How%20many%20ultrasounds%20exams%20will,the%20first%20trimester%20of%20pregnancy,;Centers%20for%20Disease%20Control%20and%20Prevention,(2016).Sexually%20transmitted%20diseases.https://www.cdc.gov/std/pregnancy/stdfact-pregnancy-detailed.htm#:~:text=Untreated%20chlamydia%20infection%20has%20been,membranes%2C%20and%20low%20birth%20weight,&text=The%20newborn%20may%20also%20become,develop%20eye%20and%20lung%20infections,;Centers%20for%20Disease%20Control%20and%20Prevention,(2020a).Rubella(German%20measles,%20three-day%20measles).https://www.cdc.gov/rubella/about/in-the-us.html;Centers%20for%20Disease%20Control%20and%20Prevention,(2020b).Sexually%20transmitted%20diseases:State%20statutory%20and%20regulatory%20language%20regarding%20prenatal%20syphilis%20screenings%20in%20the%20United%20States.https://www.cdc.gov/std/treatment/syphilis-screenings.htm#:~:text=Centers%20for%20Disease%20Control%20and%20Prevention,(2020c).Syphilis.https://www.cdc.gov/nchs/np/pregnancy/effects/syphilis.html;Cunningham,F.G.,Leveno,K.J.,Bloom,S.L.,Hauth,J.C.,Rouse,D.J.,&Spong,C.Y.(2010).Williams%20obstetrics(23rd%20edition).New%20York:McGraw-Hill%20Education;Hepatitis%20Foundation,(2021).Pregnancy%20and%20hepatitis%20B.https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/;King,T.,Brucker,M.,Kriebs,J.,Fahey,J.,Geger,C.,&Varney,H.(2015).Varney's%20midwifery(5th%20ed.).Burlington,Massachusetts:Jones%20and%20Bartlett%20Learning.</p></div><div data-bbox=)