

THE 16 WEEK VISIT

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

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

VISIT COMPONENTS

- assessed well-being of mama/baby
- addressed concerns and questions
- reviewed new symptoms
- physical exam
- reviewed genetic screening, lab and ultrasound results
- reviewed pertinent education
- offered reassurances
- reviewed warnings signs and where to seek care after hours



MY EXAM

blood pressure _____
weight gain _____
fundal height _____
baby's heart rate _____

FETAL MOVEMENT

- Most women feel the baby's first movements between 18 to 20 weeks.
- A baby's movements change based on how active or not active the baby is.
- A baby sleeps during the day and night time. Usually sleep periods last short periods of 20 to 40 minutes.
- You will be less aware of your baby's movements when you are active or sleeping.
- Sometimes an anterior placenta or the baby's position affect how you feel your baby move.
- There is no specific number of movements - it is most important for mothers to be aware of their baby's patterns of sleep or movement ([RCOG, 2019](#)).

ROUND LIGAMENT PAIN

- Round ligament pain is common in pregnancy and usually starts at 14 to 16 weeks.
- The round ligament connects the uterus to the groin.
- Walking and changing position (rolling over in bed, moving from sitting to standing) are common causes of ligament pain.
- For relief, [try these yoga poses](#): cat-cow, pelvic tilt, and savasana.
- For additional relief, try a heating pad, warm bath, pregnancy support belt and rest.
- For persistent pain, consider asking your provider about a physical therapy consult ([Bloom Obstetrics & Gynecology, 2021](#)).

CONSTIPATION

- Constipation is defined as <3 bowel movements in a week and affects 1 in 3 women.
- Constipation is caused by diet, pelvic floor dysfunction, medications, lifestyle choices and other bowel disorders.
- Increasing fiber, daily water intake, and exercise are recommended as the first interventions. Try an over the counter fiber supplement such as Metamucil.
- If constipation continues, review your medications with your provider - some medications can cause constipation.
- Physical therapy for your pelvic floor is also helpful for persistent problems with constipation ([ACNM, 2009](#); [American Urogynecologic Society, 2016](#)).

WEIGHT GAIN AND NUTRITION

- Too much weight gain in pregnancy increases...
 - Your risk of diabetes and high blood pressure during your pregnancy
 - The chance your baby weighs more (macrosomia)
 - Your risk of needing a cesarean section because of the baby's size
 - The chances that your baby is overweight as a child
- Weight loss and dieting is not recommended in pregnancy
- Healthy weight gain is best accomplished with daily exercise and eating a healthy diet; together, these can reduce your risk of excessive weight gain by 20% ([ACNM, 2018](#); [March of Dimes, 2018](#); [Muktabhant, Lawrie, Lumbiganon, & Laopaiboon, 2015](#))

MENTAL HEALTH

- 1 in 5 women experience depression during pregnancy or postpartum.**
- Are you at risk for perinatal mood disorders? Review [this tool](#) and bring any concerns to your provider ([Postpartum Support International, 2021](#)).
- Healing occurs through a variety of interventions - counseling, support groups, medication, and self care. Consider joining a support group [online](#) with Postpartum Support International.
- Unsure if you have signs of anxiety or depression? [Review signs of depression here](#), [Review signs of anxiety here](#). ([Postpartum Support VA, 2020](#))
- National helpline 365 days, 24/7: 1-800-662-4357, in English/Spanish
- Prevention and timely access to help are important for you and your baby.

EXERCISE

- Exercise during pregnancy is safe and encouraged; you can continue most exercises you were doing before your pregnancy.
- Exercise can be as simple as walking!
- During exercise: drink plenty of water, eat a snack beforehand (or pack a snack), aim to carry a conversation during exercise, adjust exercise as your belly grows, and go slower when needed - your joints are more flexible!
- It is common to feel some cramping during exercise; the cramping usually stops once you are done exercising. Stop exercising for pain, vaginal bleeding, leaking fluid or other concerns.
- Ask your provider about specifics to your pregnancy ([HIT, 2017](#)).

THE 16 WEEK VISIT

WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS

complete these labs today/ASAP/before next visit: _____

ULTRASOUNDS

dating scan anatomy scan growth scan

MEDICATIONS

pick up RX at pharmacy obtain medication OTC

GET VACCINE(S)

flu vaccine COVID vaccine Other recommended vaccines: _____

REQUEST MEDICAL RECORDS

call medical records department at prior place of care go to medical records for assistance

REFERRALS/CONSULTATIONS

circle all applicable: 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

take a daily multivitamin
take a daily folate supplement
limit daily caffeine to <300mg/day
eat a diet rich in fatty acids
moderate exercise for 30 min.
stop smoking

WEEKLY

get restful, adequate sleep
aim for stress reduction
aim for work-life balance
150min/week cardio/strength training
read pregnancy education

MONTHLY

aim for healthy weight gain
go to prenatal appointments
connect with other pregnant women
monitor your mental health
sign up for childbirth classes

OTHER

visit dentist
review/obtain vaccine record
obtain recommended vaccines
make a budget for baby
borrow library books on pregnancy
visit findhelp.org

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-E-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-pregnancy-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

Constipation (AUGS)

<https://www.augs.org/assets/2/6/Constipation.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/LFAFLET-FOR-MUMS-MARCH-2020.pdf>

Exercise during Pregnancy (in English and Spanish)

https://www.healthinfotranslations.org/pdf/Docs/Exercising_During_Pregnancy_USSp_final.pdf

Exercise during Pregnancy (ACNM)

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12218>

Fetal Movement: Your Baby's Movements in Pregnancy (RCOG)

<https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf>

Findhelp.org

<https://www.findhelp.org/>

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/epdf/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/aags-stages/prenatal/Pages/Marijuana-Use-During-Pregnancy-Breastfeeding.aspx>

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

Postpartum Support International. 1-800-944-4773

Online support groups: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

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>

Rh-Negative Blood Type in Pregnancy (ACNM)

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.13086>

Round Ligament Pain

<https://sa1s3.patientpop.com/assets/docs/16867.pdf>

Round Ligament Pain Exercises

<https://www.bloomobgyn.com/wp-content/uploads/2018/12/bloomobgyn-round-ligament-pain-stretches.pdf>

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/>

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 Urogynecologic Society. (2016). Constipation. <https://www.augs.org/assets/2/6/Constipation.pdf>; Royal College of Obstetricians & Gynaecologists. (2019). Your baby's movements in pregnancy. <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-your-babys-movements-in-pregnancy.pdf>; Center for Women's Health. (2021). Round ligament pain. <https://sa1s3.patientpop.com/assets/docs/16867.pdf>; Bloom Obstetrics & Gynecology, Inc. (2021). Exercises for round ligament pain. <https://www.bloomobgyn.com/wp-content/uploads/2018/12/bloomobgyn-round-ligament-pain-stretches.pdf>; American College of Nurse-Midwives. (2018). Weight gain during pregnancy. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/jmwh.12762>; March of Dimes. (2018). Weight gain in pregnancy. <https://www.marchofdimes.org/pregnancy/weight-gain-during-pregnancy.aspx>; Health Information Translations. (2017). Exercise during pregnancy. https://www.healthinfotranslations.org/pdf/Docs/Exercising_During_Pregnancy_USSp_final.pdf; Muktabhant, B., Lawrie, T., Lumbiganon, P., & Laopaiboon, M. (2015). Diet or exercise, or both, for preventing excessive weight gain in pregnancy. Cochrane Database of Systematic Reviews. doi: 10.1002/14651858.CD007145.pub3; Postpartum Support International. (2021). Perinatal mental health discussion tool. <https://www.postpartum.net/wp-content/uploads/2019/05/PSI-Perinatal-Mental-Health-Discussion-Tool.pdf>; Postpartum Support Virginia. (2020). Path to wellness. https://postpartumva.org/wp-content/uploads/2020/11/PSVA_PathToWellness_090820.pdf;