

THE INITIAL 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.

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	Hgb ____ 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***
- 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.
- Review hospital and clinic layouts. Advise woman where to complete outstanding labs or radiology appointments.
- Review insurance plan and expected costs.
- 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**).
- 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.
- Review recommendations for routine vaccines during pregnancy. Offer additional guidance if hepatitis A, hepatitis B or pneumococcal are recommended.
- Review avoidance of tobacco, alcohol and drugs during pregnancy.
- Review nutrition goals for pregnancy: eat a well balanced diet daily, including fish; provide education about toxoplasmosis.
- 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).
- Review weight gain recommendations.
- Review exercise recommendations and warnings signs.
- Review dental care recommendations.
- Review common first trimester discomforts and interventions as needed.
- Review teratogens (lead, medications, x-rays) in pregnancy and resources
- Review air travel in pregnancy.
- 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 (King et al., 2015;AAP & ACOG, 2017).

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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 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 30min.
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

OTHER

visit dentist
review/obtain vaccine record
obtain recommended vaccines
make a budget for baby
check out 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-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.llni.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

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 - English, Polish, Turkish, Bengali, Punjabi, Urdu, Arabic, Portuguese, Spanish, French, Chinese, Welsh)

<https://www.mamaacademy.org.uk/wp-content/uploads/2020/03/L-FAFLET-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>

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/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/pages/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%20part%20of%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 - \[amidwifemation.com\]\(http://amidwifemation.com\). Version 3. Last updated 8/2021.](https://www.acog.org/womens-health/faqs/ultrasounds-exams#:~:text=How%20many%20ultrasounds%20exams%20will,the%20first%20trimester%20of%20pregnancy;CentersforDiseaseControlandPrevention.(2016).Sexuallytransmitteddiseases.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;CentersforDiseaseControlandPrevention.(2020a).Rubella(Germanmeasles,three-daymeasles).https://www.cdc.gov/rubella/about/in-the-us.html;CentersforDiseaseControlandPrevention.(2020b).Sexuallytransmitteddiseases:Statestatutoryandregulatorylanguageconcerningprenatalsyphilis screenings in the United States.https://www.cdc.gov/std/treatment/syphilis-screenings.htm#:~:text=CentersforDiseaseControlandPrevention.(2020c).Syphilis.https://www.cdc.gov/nchstp/pregnancy/effects/syphilis.html;Cunningham,F.G.,Leveno,K.J.,Bloom,S.L.,Hauth,J.C.,Rouse,D.J.,&Spong,C.Y.(2010).Williamsobstetrics(23rdedition).NewYork:McGraw-HillEducation;HepatitisBFoundation.(2021).PregnancyandhepatitisB.https://www.hepb.org/treatment-and-management/pregnancy-and-hbv/;King,T.,Brucker,M.,Kriebs,J.,Fahey,J.,Gegor,C.,&Varney,H.(2015).Varney'smidwifery(5thed.).Burlington,Massachusetts:Jones&BartlettLearning.</p></div><div data-bbox=)