

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.

WHAT IS MY DUE DATE?

Your due date is _____ (MM/DD/YY).
Your due date is based on your period OR your ultrasound.

MY LABORATORY TESTS

| | |
|-------------------------|-----------------------------|
| 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 |
| Hepatitis C | 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/HPV | normal/abnormal |
| Chlamydia | negative/positive |
| Gonorrhea | normal/abnormal |
| Early glucose screening | normal/abnormal |
| Hemoglobin A1C | _____ (normal/abnormal) |

MY VISIT RECAP

Let's be sure to review these...

- Vital signs, weight, BMI, depression or anxiety screening scores and any abnormal findings on physical exam and appropriate plans of care.
- Ultrasound findings and the final due date.
- The purpose all labs (STD screens, pap smear, blood work) and results (normal and abnormal). Is a follow up plan needed for any abnormal results?
- For pap smears, complete education on cervical screening through a woman's lifetime.
- Plan(s) of care for pertinent history or problems.
- Weight gain recommendations.
- Exercise recommendations and warnings signs.
- Dental care recommendations.
- Common first trimester discomforts and interventions as needed.

Carrier and aneuploidy screening options

- Review options available - review referrals as indicated.

OTHER EDUCATION

General housekeeping

- Review prenatal visit schedule and how interval visits are scheduled as indicated; ***visit frequency should be individualized***
- Is there an option for telehealth?
- Review the care team (physician, nurse practitioners, midwives, physician assistants) and labor and delivery coverage. **"Who will deliver the baby?"**
- Review hospital and clinic layouts. **"Where do woman go to complete lab draw or radiology appointments?"**
- Review important phone numbers/telehealth options to contact clinic and labor and delivery.
- 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.
- If needed, review insurance plan and expected costs.

Other pregnancy education

- Provide education on working during pregnancy and postpartum periods.
- Review recommendations for routine vaccines during pregnancy.
- 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. **Prenatal gummies do not have 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 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).

THE INITIAL VISIT



WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS

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

SCHEDULE ULTRASOUNDS

dating scan nuchal translucency anatomy scan growth scan

MEDICATIONS

pick up RX at pharmacy obtain medication OTC

GET VACCINATED

flu vaccine COVID vaccine Other vaccines: _____

REQUEST MEDICAL RECORDS

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

REFERRALS/CONSULTATIONS

| | |
|-------------------------------|------------------|
| social worker | chiropractor |
| genetic counselor | nutritionist |
| maternal fetal medicine (MFM) | physical therapy |
| lactation consultant | |

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 books about pregnancy/birth

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
read books on pregnancy
visit findhelp.org

CALL OR SEEK CARE FOR...

- A slow down, change or stop in your baby's movements
- Vaginal bleeding or leaking fluid from the vagina
- Severe abdominal pain
- Problems with your vision (flashing lights or spots)
- Persistent headache that does not resolve with Tylenol
- Severe pain just below the ribs, on the right side of your belly
- Nausea or vomiting and are unable to eat or drink
- Fever greater than 100.4F
- Thoughts of harming yourself or your baby

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. <https://www.cdc.gov/rubella/about/in-the-us.html>; Centers for Disease Control & Prevention. (2020b). Sexually transmitted diseases: State statutory and regulatory language regarding prenatal syphilis screenings in the United States. [https://www.cdc.gov/nchsstd/pregnancy/effects/syphilis.html](https://www.cdc.gov/std/treatment/syphilis-screenings.htm#:~:text=Centers for Disease Control & Prevention. (2020c). Syphilis. <a href=); Cunningham, F. G., Leveno, K. J., Bloom, S. L., Hauth, J. C., Rouse, D. J., & Spong, C. Y. (2010). Williams obstetrics (23rd edition). New York: McGraw-Hill Education; Hepatitis B Foundation. (2021). Pregnancy and hepatitis B. <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 midwifery (5th ed.). Burlington, Massachusetts: Jones & Bartlett Learning. See disclosure on blog for use: amidwifeneration.com.

ADDITIONAL PREGNANCY EDUCATION

A Healthy Pregnancy (in English and Spanish)

https://www.healthinfotranslations.org/pdfDocs/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.lli.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/pdfDocs/ChangesDuringPregnancy_Sp.pdf

Concerns and Discomforts in Pregnancy (in English and Spanish) -

https://www.healthinfotranslations.org/pdfDocs/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/LEAFLET-FOR-MUMS-MARCH-2020.pdf>

Exercise during Pregnancy (in English and Spanish)

https://www.healthinfotranslations.org/pdfDocs/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/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/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/pdfDocs/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,all%20parts%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>