

THE 24 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 _____

BACK PAIN

- Back pain is very common in pregnancy. Pregnancy hormones cause your body's ligaments to become softer and your growing uterus causes pressure on your back.
- Try these interventions for relief: sleep on your side, get plenty of rest; use a heating pad or heated rice sock; get a massage; take a warm bath with epsom salts; use a pregnancy support belt; avoid lifting heavy objects; bending your knees; wear low heeled shoes; balance the weight while carrying shopping bags; ensure that you are sleeping on a good, firm mattress.
- Continue regular exercise (prenatal yoga is great for back pain!), practice good posture and aim for appropriate weight gain during your pregnancy. [Try these stretches!](#)
- If back pain persists, consider consult from a physical therapist ([NHS, 2021](#); [Cedars-Sinai, 2021](#)).

28 WEEK LABS AND VACCINES

- Between 24 to 28 weeks of pregnancy, an oral glucola test and a complete blood count are recommended to screen for gestational diabetes and anemia.
- A flu vaccine is recommended for all pregnant women. The flu vaccine is safe in any trimester of pregnancy.
- A Tdap (tetanus-diphtheria-pertussis) vaccine is recommended for all pregnancy women between 27 to 36 weeks.
- If you have Rh negative blood and the baby's father is Rh positive, a vaccine called Rhogam is recommended at 28 weeks as well. [Learn more about Rh negative blood type here.](#)
- A COVID vaccine is recommended for all pregnant women during any trimester of pregnancy.

PRETERM LABOR

- Preterm labor is labor that starts before 37 weeks of pregnancy.
- 1 in 10 women will have a preterm baby.
- Symptoms of preterm labor include: change in vaginal discharge, pressure in your pelvis, low back pain, abdominal cramping (sometimes with diarrhea), regular contractions or your bag of water breaks.**
- Preterm babies can have problems after they are born because they are not fully developed. Some babies will need to spend time in a neonatal intensive care unit or NICU.
- [Learn more about preterm labor here \(March of Dimes, 2021\).](#)

TRAVEL DURING PREGNANCY

- The best time to travel is during the second trimester (between 14 and 28 weeks) and prior to 36 weeks of pregnancy.
- Be prepared when you travel and take a copy of your prenatal record in your personal belongings in case you need care.
- Traveling more than 4 hours at a time via train, bus, car or plane can increase your risk for a clot in your leg, also known as a DVT. Prevent clots by drinking plenty of fluids, taking frequent walk breaks, or wearing compression stockings.
- Traveling is not recommended for women with pre-eclampsia, preterm labor or rupture of membranes.
- [Read more about travel during pregnancy here \(ACOG, 2021\).](#)

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 at any visit ([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 helplines are available 365 days, 24/7: 1-800-662-4357, in English/Spanish
- Prevention and timely access to help are important for you and your baby.**

BREASTFEEDING

- The World Health Organization (2021) recommends: **exclusive breastfeeding for the first 6 months of life** followed by the introduction of food while the mother continues to breastfeed for up to 2 years, or beyond.
- There are risks to not breastfeeding your baby - babies that are not breastfed have higher rates of childhood obesity, type 1 and 2 diabetes, leukemia and sudden infant death syndrome. Mothers that do not breastfeed are at higher risk for breast and ovarian cancer, obesity, type 2 diabetes, metabolic syndrome and cardiovascular disease ([Stuebe, 2009](#); [CDC, 2021](#)).
- Learn about breastfeeding here: [firstdroplets.com](#), [kellymom.com](#), [lilli.org](#)
- Find a lactation consultant near you: <https://uslca.org/resources/find-an-ibclc/>
- Also consider if you will need a breast pump, pump supplies, reusable breast pads; nursing bras; nipple ointment or a nursing pillow.

THE 24 WEEK 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

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

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

MONTHLY

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

WEEKLY

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

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: National Health Service. (2021). Back pain in pregnancy. <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/back-pain/>; Cedars-Sinai. (2021). Back pain during pregnancy. <https://www.cedars-sinai.org/health-library/diseases-and-conditions/b/back-pain-during-pregnancy.html>; Journal of Midwifery & Women's Health. (2005). Back pain during pregnancy. <http://www.midwife.org/ACNM/files/ccLibraryFiles/FileName/00000000624/Back%20Pain%20During%20Pregnancy.pdf>; 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. See disclosure on blog for use: https://www.who.int/health-topics/breastfeeding#tab=tab_2; Stuebe, A. (2009). The risks of not breastfeeding for mothers and infant. *Obstetrics & Gynecology*, 2(4), 222-231. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812877/>; Centers for Disease Control and Prevention. (2021). Breastfeeding. <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html>; American College of Obstetricians & Gynecologists. (2021). Travel during pregnancy. <https://www.acog.org/womens-health/faqs/travel-during-pregnancy>; March of Dimes. (2021). Preterm labor & preterm birth. <https://www.marchofdimes.org/complications/preterm-labor-and-premature-baby.aspx>

ADDITIONAL PREGNANCY EDUCATION

A Healthy Pregnancy (English/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 websites: Kellymom.com; firstdroplets.com; Illi.org

Breastfeeding during Pregnancy and Tandem Nursing

<https://www.illi.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>

Changes to Your Baby and Your Body in Pregnancy (English/Spanish) -

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

Concerns and Discomforts in Pregnancy (English/Spanish)

https://www.healthinfotranslations.org/pdfDocs/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/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>

Fetal Movement: Your Baby's Movements in Pregnant (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/>

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>

Marijuana Use During Pregnancy & Breastfeeding FAQs (AAP)

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

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

Perinatal Mental Health Discussion Tool - Postpartum Support International

<https://www.postpartum.net/wp-content/uploads/2019/05/PSI-Perinatal-Mental-Health-Discussion-Tool.pdf>

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>

Pregnancy and Whooping Cough (CDC)

<https://www.cdc.gov/pertussis/pregnant/mom/get-vaccinated.html>

Preterm Labor (March of Dimes)

<https://www.marchofdimes.org/complications/preterm-labor-and-premature-baby.aspx>

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>

STDs During Pregnancy (CDC Fact Sheet)

www.cdc.gov/std/pregnancy/stdfact-pregnancy-detailed.htm

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>

Vulvovaginal Health

www.acog.org/womens-health/faqs/vulvovaginal-health