

**Routine Services for Healthy Pregnancies**

Visit	Screenings	Counseling and Education	Immunizations, Supplements, Medications
<b>Preconception Visit</b>	<ul style="list-style-type: none"> <li>Risk profiles</li> <li>Height and weight, BMI</li> <li>Blood pressure</li> <li>History and physical</li> <li>Cholesterol / HDL</li> <li>Cervical cancer screening</li> <li>Rubella (German measles)</li> <li>Rubeola (measles)</li> <li>Varicella (chicken-pox)</li> <li>Domestic abuse</li> <li>Depression</li> </ul>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Substance use (drugs / alcohol)</li> <li>Nutrition and weight</li> <li>Domestic abuse</li> <li>List of medications, herbal supplements, vitamins</li> <li>Accurate recording of menstrual dates</li> </ul>	<ul style="list-style-type: none"> <li>Tetanus booster*</li> <li>Rubella / MMR*</li> <li>Varicella / VZIG*</li> <li>Hepatitis B vaccine*</li> <li>Folic acid supplement</li> </ul> <p>(*) if needed</p>
<b>Visit 1</b> <i>6-8 Weeks</i>	<ul style="list-style-type: none"> <li>Risk profiles</li> <li>GC / Chlamydia</li> <li>Height and weight, BMI</li> <li>Blood pressure</li> <li>History and physical</li> <li>Rubella</li> <li>Varicella</li> <li>Domestic abuse</li> <li>CBC/Hemoglobin</li> <li>ABO / Rh / Ab</li> <li>Syphilis</li> <li>Urine culture</li> <li>HIV</li> <li>Blood lead screening*</li> <li>Hepatitis B S Ag</li> <li>Vaginal birth after cesarean* (VBAC)</li> <li>Depression</li> </ul> <p>(*) if needed</p>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Prenatal and lifestyle education</li> <li>Physical activity</li> <li>Nutrition</li> <li>Follow-up of modifiable risk factors</li> <li>Warning signs</li> <li>Course of care</li> <li>Physiology of pregnancy</li> <li>Discuss fetal abnormality screen</li> </ul>	<ul style="list-style-type: none"> <li>Tetanus booster*</li> <li>Nutritional supplements*</li> <li>Influenza</li> <li>Varicella / VZIG*</li> <li>Pertussis</li> </ul> <p>(*) if needed</p>
<b>Visit 2</b> <i>10-12 weeks</i>	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fetal aneuploidy screening</li> </ul>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Prenatal and lifestyle education</li> <li>Fetal growth</li> <li>Review labs from visit 1</li> <li>Breastfeeding</li> <li>Physiology of pregnancy</li> <li>Follow-up of modifiable risk factors</li> <li>Nausea and Vomiting</li> </ul>	
<b>Visit 3</b> <i>16-18 weeks</i>	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fetal aneuploidy screening</li> <li>OB ultrasound (optional)</li> <li>Fundal height (uterus size)</li> <li>Cervical assessment*</li> </ul> <p>(*) if needed</p>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Prenatal and lifestyle education</li> <li>Follow-up of modifiable risk factors</li> <li>Physiology of pregnancy</li> <li>Second trimester growth</li> <li>Quickening</li> </ul>	<ul style="list-style-type: none"> <li>Progesterone*</li> </ul> <p>(*) if needed</p>
<b>Visit 4</b>	<ul style="list-style-type: none"> <li>Weight</li> </ul>	<ul style="list-style-type: none"> <li>Pre-term labor education and</li> </ul>	

22 weeks	<ul style="list-style-type: none"> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fundal height</li> <li>Cervical assessment*</li> <li>Depression</li> </ul> <p>(*) if needed</p>	<p>prevention</p> <ul style="list-style-type: none"> <li>Prenatal and lifestyle education</li> <li>Follow-up of modifiable risk</li> <li>Classes</li> <li>Family issues</li> <li>Length of stay</li> <li>Gestational Diabetes Mellitus (GDM)</li> <li>RhoGAM*</li> </ul> <p>(*) if needed</p>	
<b>Visit 5</b> 28 weeks	<ul style="list-style-type: none"> <li>Pre-term labor risk</li> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fundal height</li> <li>Cervical assessment*</li> <li>Gestational Diabetes Mellitus (GDM)</li> <li>Domestic abuse</li> <li>Rh antibody status*</li> <li>Hepatitis B Ag*</li> <li>GC / Chlamydia*</li> </ul> <p>(*) if needed</p>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Prenatal and lifecycle education</li> <li>Follow-up of modifiable risk</li> <li>Work</li> <li>Physiology of pregnancy</li> <li>Pre-registration</li> <li>Fetal growth</li> <li>Awareness of fetal movement</li> </ul>	<ul style="list-style-type: none"> <li>ABO / Rh / Ab*</li> <li>(RhoGAM)*</li> </ul> <p>(*) if needed</p>
<b>Visit 6</b> 32 weeks	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fundal height</li> </ul>	<ul style="list-style-type: none"> <li>Pre-term labor education and prevention</li> <li>Prenatal and lifestyle education</li> <li>Follow-up of modifiable risk factors</li> <li>Travel</li> <li>Sexuality</li> <li>Pediatric care</li> <li>Episiotomy</li> <li>Labor and delivery issues</li> <li>Warning signs / pregnancy-induced hypertension</li> <li>Contraception</li> <li>VBAC</li> </ul>	
<b>Visit 7</b> 36 weeks	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fundal height</li> <li>Cervix exam</li> <li>Confirm fetal position</li> <li>Culture for group B streptococcus</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal and lifestyle education</li> <li>Follow-up of modifiable risk factors</li> <li>Postpartum care</li> <li>Management of late pregnancy symptoms</li> <li>Contraception</li> <li>When to call provider</li> <li>Discussion of postpartum depression</li> </ul>	
<b>Visit 8-11</b> 38-41 weeks	<ul style="list-style-type: none"> <li>Weight</li> <li>Blood pressure</li> <li>Fetal heart tones</li> <li>Fundal height</li> </ul>	<ul style="list-style-type: none"> <li>Prenatal and lifestyle education</li> <li>Follow-up of modifiable risk factors</li> <li>Postpartum vaccinations</li> </ul>	

	<ul style="list-style-type: none"><li>• Cervix exam</li></ul>	<ul style="list-style-type: none"><li>• Infant CPR</li><li>• Post-term management</li><li>• Labor and delivery update</li></ul>	
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Reference: Institute for Clinical Systems Improvement (2009)