

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)

*Are any baseline labs recommended?

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.
- 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 during pregnancy.
- Weight gain recommendations.
- Exercise recommendations and warnings signs.
- Dental care recommendations.
- Common first trimester discomforts and interventions as needed.

Aspirin prophylaxis for pre-eclampsia prevention

- Is the patient a candidate for low-dose aspirin in pregnancy?

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. Phone number: _____.
- 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.

THE INITIAL VISIT



WHAT DO I NEED TO DO AFTER MY VISIT?

LABORATORY TESTS

complete lab work: today asap before next visit

SCHEDULE ULTRASOUNDS

dating scan nuchal translucency anatomy scan

MEDICATIONS

pick up RX at pharmacy obtain medication OTC

GET VACCINATED

flu vaccine COVID vaccine

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 5 6 days/weeks

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 pregnant women
monitor your mental health
make a budget:
ramseysolutions.com

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](https://doi.org/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. (2018a). Low-dose aspirin use in pregnancy. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/07/low-dose-aspirin-use-during-pregnancy>; American College of Obstetricians & Gynecologists. (2018b). 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.acog.org/womens-health/faqs/ultrasound-exams>; Centers for Disease Control & Prevention. (2016). Sexually transmitted diseases. <https://www.cdc.gov/std/practice-guidance/2016-std-practice-guidance>; Centers for Disease Control & Prevention. (2020c). Syphilis. <https://www.cdc.gov/nchs/np/2020/syphilis.html>; 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., Kriebels, 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.

RESOURCES and FAQs FOR YOUR FIRST PRENATAL VISIT

Dental Care

- [Keeping Your Teeth and Gums Healthy During Pregnancy and Beyond \(ACNM\)](#).

Exercise in Pregnancy

- [Exercise during Pregnancy \(in English and Spanish\)](#).
- [Exercise during Pregnancy \(ACNM\)](#).

Genetic Screening

- [Making Decisions about Prenatal Tests for Birth Defects \(ACNM\)](#).

Prevent Anemia

- [Preventing Iron Deficiency Anemia During Pregnancy \(ACNM\)](#).

Promoting Your Health

- [Alcohol and Pregnancy \(ACNM\)](#)
- [Eating Safely in Pregnancy \(ACNM\)](#).
- [Environmental Hazards during Pregnancy \(ACNM\)](#).
- [Smoking and Women's Health: Tips on Why and How to Quit \(ACNM\)](#).
- [Staying on a Vegetarian Diet During Pregnancy \(ACNM\)](#).
- [Substance Abuse and Mental Health National Helpline: 1-800-662-HELP \(4357\) or 1-800-487-4889](#)
- [Teratogens in Pregnancy \(Fact sheets by MotherToBaby\)](#).

Weight Gain in Pregnancy

- [Pregnancy after Bariatric Surgery \(ACNM\)](#).
- [Weight Gain and Pregnancy \(ACNM\)](#).
- [Women of Size and Pregnancy \(ACNM\)](#).

Can I travel during pregnancy?
[Air Travel during Pregnancy \(ACOG\)](#).

What can I do for constipation?
[Constipation \(AUGS\)](#).

Is it okay to have sex during pregnancy?
[Sex During Pregnancy \(ACNM\)](#).

What can I do for nausea/vomiting?
[Nausea and Vomiting in Pregnancy \(in English and Spanish\)](#)
[Nausea and Vomiting in Pregnancy \(ACNM\)](#)

What can I do for round ligament pain?
[Round Ligament Pain \(CFWH\)](#)
[Round Ligament Pain Exercises \(Bloom OBGYN\)](#)

What are my options after a C/S?
[Birth Options after Having a Cesarean \(ACNM\)](#)

Can I get a pap smear during pregnancy?
[Cervical Cancer Screening \(ACOG\)](#)

BOOK RECOMMENDATIONS FOR YOUR PREGNANCY

- [Babies Are Not Pizzas: They're Born, Not Delivered!](#) by Rebecca Dekker
- [Birth Matters](#) by Ina May Gaskin
- [Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth](#) by Marsden Wagner
- [Ina May's Guide to Childbirth](#) by Ina May Gaskin
- [Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond](#) by Nancy Bardacke
- [Natural Hospital Birth](#) by Cynthia Gabriel
- [Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach](#) by Lily Nichols
- [Real Food for Pregnancy: The Science and Wisdom of Optimal Nutrition](#) by Lily Nichols
- [The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions](#) by Penny Simkin
- [Midwifery for Expectant Parents: A Modern Guide to Choosing the Birth That's Right for You](#) by Aubre Tompkins, CNM
- [The Official Lamaze Guide: For a Healthy Pregnancy & Birth](#) by Judith Lothian

OTHER RESOURCES

- [A Healthy Pregnancy \(in English and Spanish\)](#)
- [Are You and Your Baby Safe?](#)
- [Back Pain during Pregnancy \(ACNM\)](#)
- [Breastfeeding during Pregnancy and Tandem Nursing](#)
- [Call your Maternity Unit... \(Mama Academy\)](#)
- [Changes to Your Baby and Your Body in Pregnancy \(in English and Spanish\)](#)
- [Essential Information for Mums to Be \(Mama Academy - in multiple languages\)](#)
- [Fetal Movement: Your Baby's Movements in Pregnant \(RCOG\)](#)
- [Find a midwife: <https://www.midwife.org/find-a-midwife>](#)
- [Group B Strep \(CDC\)](#)
- [Having a Baby \(ACOG\)](#)
- [HEAR Her Concerns \(CDC\)](#)
- [Intimate Partner Abuse \(ACNM\)](#)
- [Marijuana Use During Pregnancy & Breastfeeding FAQs \(AAP\)](#)
- 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 \(Postpartum Support International\)](#)
- Postpartum Support International, warm line 1-800-944-4773; online support groups: <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- [Preterm Labor \(March of Dimes\)](#)
- [Rh-Negative Blood Type in Pregnancy \(ACNM\)](#)
- [Vaccines and Pregnancy \(ACNM\)](#)