

Routine Prenatal and Postnatal Care

The following guideline provides recommendations for routine prenatal and postnatal care.

Recommendation	6 - 8 Weeks	14 -16 Weeks	24 -28 Weeks	32 Weeks	36 Weeks	38 Weeks	39 Weeks	40 Weeks	41 Weeks	Post partum 4 - 6 Weeks After Delivery
Social and medical history (<i>update at each visit</i>)	X	X	X	X	X	X	X	X	X	X
Assessment (dental and nutritional health, weight, physical and sexual activity, alcohol and drug abuse, tobacco use [A], domestic violence, environment, genetic risk factors, medications, transportation, seatbelt use [B], infant car seat use [A], childbirth education, adequate social support, coping skills, financial resources, knowledge of available resources, mental health, ability to comprehend information or care provided) (<i>update at each visit</i>)	X	X	X	X	X	X	X	X	X	X
Education and counseling (need for early (first trimester) and consistent prenatal care; prevention of unintended pregnancy; benefits and methods of breastfeeding; assessment and referrals for ongoing parenting education and early childhood care)	X				X					X ¹
General physical exam	X									X
Pelvic exam	X					X	X	X	X	X
Blood pressure [B], weight, BMI	X	X	X	X	X	X	X	X	X	X
Fundal height, weeks gestation	X	X	X	X	X	X	X	X	X	
Routine urinalysis, culture [A]		X								
Urine for glucose and albumin	X	X	X	X	X	X	X	X	X	
Fetal position, fetal heart tones		X	X	X	X	X	X	X	X	
D (Rh) type, blood type, antibody screen [A]	X									
Pap smear [A] (<i>if not performed in past 12 months</i>)	X									
HIV counseling/testing [A] <i>*Repeat at 36 weeks if previous negative test in prenatal care or women who have never been tested</i>	X				X					
STD screening (GC, chlamydia, VDRL [A]) for high-risk patients (<i>e.g., new or multiple sexual partners, history of sexually transmitted diseases, not using condoms consistently or correctly</i>) <i>*Rescreen in third trimester if at continued risk.</i>	X		X (28 - 36 weeks+)							
Hepatitis B [A] and rubella screening [B]	X									
Hemoglobin and hematocrit [B]	X		X		X					
Maternal serum alpha fetoprotein/multiple marker screening [B]		X (16 - 20 weeks)								
Screening for gestational diabetes (<i>test earlier if previous history gestational diabetes</i>)			X							X ²
Influenza vaccine (<i>second or third trimester during flu season</i>)		X	X							
Group B strep cultures (<i>vaginal and rectal</i>)					X (35 -37 weeks)					
Folic acid (0.4 - 0.8 mg one month prior to conception through 1st trimester) [A]	X	X								

¹ Education and counseling for prevention of unintended pregnancy

² Arrange follow-up to screen for non-gestational diabetes six weeks after delivery and annually thereafter

Levels of Evidence for the most significant recommendations: A = randomized controlled trials; B = controlled trials, no randomization; C = observational studies; D = opinion of expert panel

This guideline lists standard pregnancy management steps. It is based on several sources, including: Routine Prenatal Care, Institute for Clinical Systems Improvement, 2005 (www.icsi.org), individual patient considerations and advances in medical science may supersede or modify these recommendations.