# Prenatal and Postpartum Care Guidelines

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| **First Prenatal Care Visit** | • Medical Surgical  
• Obstetrical/Gynecological  
• Genetic history of parents  
• Physical Exam  
• Risk Assessment  
• Estimated Date of Delivery | • Hematocrit or Hemoglobin  
• Urinalysis, Microscopic and Infection Screening  
• Blood Type  
• D (Rh) and Antibody Screen  
• Rubella Titer  
• Hepatitis B Surface Antigen  
• VDRL  
• HIV Test | • Plan of care  
• Nutritional/Vitamins  
• Health and Childbirth  
• Psychosocial  
• HIV Counseling  
• Smoking Cessation  
• Avoidance of Alcohol and Drugs | • TB Skin Test  
• STD Testing (syphilis and chlamydia)  
• Obstetric Ultrasound  
• Urine Culture  
• Lead Level  
• Genetic Counseling |
| **Subsequent Visits** | | | | |
| 0-28 Weeks  
(visits should occur every 4 weeks) | • Physical Exam to include: Weight and Blood Pressure  
• Ongoing Risk Assessment  
• Monitoring the Progression of Pregnancy to include: Uterine Growth, Fetal Heart Rate, Fetal Movement and Presentation (as appropriate) | • Urine Protein, Glucose  
• 16-28 Weeks Gestation Ultrasound  
• 16-18 Weeks Gestation Maternal Serum Alpha-fetoprotein  
• 24-28 Weeks Gestation Hematocrit or Hemoglobin  
• 32-36 Weeks Gestation Hematocrit or Hemoglobin | • Nutrition and Desired Weight Gain  
• Activity and Exercise  
• Signs of Labor  
• Labor and Delivery Process  
• Smoking Cessation  
• Avoidance of Alcohol and Drugs  
• Childbirth Education Classes  
• Infant Feeding  
• Psychosocial | • HIV Test  
• STD Testing  
• 24-28 Weeks Gestation D (Rh) and Antibody Screen  
• 28 Weeks Gestation Group B Strept  
• Obstetric Ultrasound  
• Amniocentesis  
• VBAC Option |
| 29-36 Weeks  
(visits should occur every 2-3 weeks) | | | | |
| 37 + Weeks  
(visits should occur weekly) | | | | |
| **Postpartum Visit 21 to 56 days Following Delivery** | • Interval History  
• Physical Exam to include: Weight, Blood Pressure, Breasts, Abdomen and Pelvic Exam | • Pap Test, as indicated | • Breast Feeding/Care  
• Psychosocial  
• Family Planning | • Postpartum Visit May Occur 7-14 Days After Delivery but Still Must be Seen 21-56 Days After Delivery Also. |