

2010 Prenatal and pregnancy

Please talk to your doctor about additional screenings and immunizations that become important if you are planning a pregnancy or if you are already pregnant.

Guidelines for preconception (women)	
Nutrition	
Folic acid supplements	<p>If no previous pregnancy affected by neural tube defect: 0.4 to 0.8 mg per day of folic acid supplementation from at least 12 months prior to conception through the first trimester.</p> <p>If previous pregnancy affected by neural tube defect: 4 mg per day of folic acid supplementation from one to three months prior to conception through the first trimester.</p>
Immunizations	
Rubella and Tdap	Determine immunity and immunize (if indicated)
Hepatitis B (HepB)	For those at high risk
Guidelines for pregnancy	
Prenatal exam frequency	
<ul style="list-style-type: none"> • As early as possible in the first trimester • Every four weeks for the first 28 weeks of pregnancy • Every two to three weeks between 28 and 36 weeks of pregnancy; weekly after 36 weeks. 	
Prenatal clinical screenings	
Initial screenings	<ul style="list-style-type: none"> • Complete physical exam including family, medical, surgical, social and OB history; review of medications; screenings for tobacco use, alcohol/drug misuse, and family and intimate partner violence. • Complete blood count (CBC), urinalysis, blood type, Rh and antibody screening, Rubella titer, Hepatitis B antibody titer, VDRL serology, Pap test, if indicated. • As determined by the physician: group B strep, maternal serum alpha-fetoprotein, amniocentesis and chorionic villus sampling (if older than age 34 and depending on history).
HIV, Chlamydia, Gonorrhea, Syphilis	Screen all pregnant women
Influenza vaccine	Administer vaccine after first trimester (14 weeks or more of gestation) if pregnant during influenza season.
Ongoing clinical screenings	<ul style="list-style-type: none"> • Blood pressure, weight, tobacco use, alcohol misuse, urine (for protein and glucose), fundal height, fetal presentation, swelling, fetal heartbeat and activity • Ultrasound in second trimester (physician discretion) • Glucose screening up to 28th week of pregnancy, at the discretion of the physician • Urine culture at 12 to 16 weeks
Follow-up care after delivery	
Physical exam frequency	All newborns to be evaluated within two to three days after discharge. One visit four to six weeks after delivery for maternal post partum care.
Clinical screenings	Weight and blood pressure, blood count (if indicated), breast exam, abdominal and pelvic exam, Pap test (if indicated)
Breastfeeding	Counsel women of the importance of breastfeeding for at least three months.
Tetanus, diphtheria and pertussis (Tdap)	One dose of Tdap before leaving the hospital (if last Td was at least 2 years ago).