

Prenatal and postpartum care guidelines

Recommended schedule of prenatal and postpartum care



Generally, the average-risk pregnant woman is examined every four weeks during the first 28 weeks of pregnancy, every two to three weeks through 36 weeks gestation, and weekly thereafter.

PREVENTIVE CARE	VISITS				
	0 to 12 months preconception	First trimester	Second trimester	Third trimester	Postpartum (4 to 6 weeks after delivery)
History	<ul style="list-style-type: none"> Medical and surgical history Current medications Immunization status 	<ul style="list-style-type: none"> Complete history including pregnancy and genetic history Confirm due date 	<ul style="list-style-type: none"> Nutrition Weight gain Fetal movement Contractions 	<ul style="list-style-type: none"> Nutrition Weight gain Fetal movement Contractions Signs of preeclampsia 	<ul style="list-style-type: none"> Nutrition Weight loss Breast feeding Emotional status Family planning
Physical exam	<ul style="list-style-type: none"> General exam Height Weight Body mass index (BMI) 	<ul style="list-style-type: none"> Blood pressure Height Weight Pelvic exam Fetal heart tones (FHTs) Uterine size 	<ul style="list-style-type: none"> Blood pressure Weight Fetal heart tones (FHTs) Fundal height Urine protein/glucose 	<ul style="list-style-type: none"> Blood pressure Weight Fetal heart tones (FHTs) Fundal height Urine protein/glucose 	<ul style="list-style-type: none"> Blood pressure Weight Pelvic exam
Diagnostic testing	<ul style="list-style-type: none"> Genetic screening STD screening 	<ul style="list-style-type: none"> Blood type and RH factor STD screening, Pap smear, if needed Genetic screening based on history 	<ul style="list-style-type: none"> Ultrasound Gestational diabetes screening Genetic screening based on history 	<ul style="list-style-type: none"> Group B strep screen 	<ul style="list-style-type: none"> Pap smear, if needed
Education and counseling	<ul style="list-style-type: none"> Weight control Exercise Control of any medical conditions 	<ul style="list-style-type: none"> Course of prenatal care Diet Exercise Health maintenance Dental care Risk factors 	<ul style="list-style-type: none"> Exercise Diet Fetal movement 	<ul style="list-style-type: none"> Signs of labor Analgesia/ anesthesia plans Diet Exercise Breast feeding 	<ul style="list-style-type: none"> Breast feeding Postpartum depression Family planning
Vitamins and immunizations	<ul style="list-style-type: none"> Folic acid Update immunizations 	<ul style="list-style-type: none"> Folic acid Flu shot 	<ul style="list-style-type: none"> Iron, if needed 	<ul style="list-style-type: none"> Iron, if needed 	<ul style="list-style-type: none"> Talk to your doctor

Please note: Additional or different services may be recommended by providers. Members should refer to their Member Handbook to determine if services and supplies are covered benefits.

