

# Preventive Health Guidelines for Pregnancy

	Preconception	6-8 Weeks	14-16 Weeks	24-28 Weeks	32 Weeks	36 Weeks	38 Weeks	39 Weeks	40 Weeks	41 Weeks	Postpartum <sup>1</sup>
<b>HISTORY</b>											
Medical	•										
Psychosocial	•										
Update Medical/Psychosocial		•	•	•	•	•	•	•	•	•	•
<b>PHYSICAL EXAM</b>											
General	•										
Blood Pressure/Pulse	•	•		•	•	•	•	•	•	•	•
Height	•										•
Weight	•	•	•	•	•	•	•	•	•	•	•
Height/Weight Profile	•										•
Pelvic Exam/Pelvimetry	•	•									•
Breast Exam	•	•									•
Fundal Height			•	•	•	•	•	•	•	•	
Fetal Position/Heart Rate				•	•	•	•	•	•	•	
Cervical Exam										•	•
Postpartum Visit 3-8 weeks After Delivery											•
<b>LAB TESTS</b>											
Hemoglobin or Hematocrit	•	•		•							•
RH Factor	•										
Pap Smear	•										
Diabetic Screen				•							
MSAFP			•								
Urine Dipstick	•										
Protein	•										
Sugar	•										
Urine Culture		•									
Infections											
Rubella Titer	•										•
Anti-D Immune Globulin											•
Syphilis Test	•										
Gonococcal Culture	•	•									
Hepatitis B	•										
HIV	•	•									
Strep B						•					
Illicit Drug Screen	•										
<b>INFLUENZA<sup>2</sup></b>			•	•	•	•	•	•	•	•	•
<b>RISK ASSESSMENT*</b>	•	•	•	•	•	•	•	•	•	•	
<b>HEALTH PROMOTION*</b>	•	•	•	•	•	•	•	•	•	•	

\*See companion chart listing guidelines for Risk Assessment and Health Promotion

<sup>1</sup>Guidelines For Perinatal Care, 5<sup>th</sup> Edition, American Academy of Pediatrics & The American College of Obstetrics and Gynecology, October 2002.

<sup>2</sup>The Advisory Committee for Immunization Practices (ACIP) recommends that pregnant women in their second or third trimester during influenza season should be vaccinated (December 2003). (Revised 7/04)

Adapted from "Caring for Our Future: The Content of Prenatal Care - A report of the Public Health Service Expert Panel on the Content of Prenatal Care, 1989; Public Health Service Department of Health and Human Services"