

PRO MED PREVENTIVE CARE GUIDELINES

AGE GROUP: PRENATAL

SCREENING	FIRST VISIT	F/U VISITS
Blood Pressure: Weight: Fundal Height: etc	X	X
SCREENING TESTS		
Hemoglobin/ Hematocrit	X	
Chlamydia : Screen asymptomatic	X	
Urine. Screen for Bacteriruria, asymptomatic	X	
Lab:Hepatitis B surface antigen (HbsAg)	X	
Lab:HIV	X	
Lab: RH(d) Incompatability	X	
LAB: Syphillis RPR/ VDRL	X	
Offer CVS (13 weeks or amniocentesis (15-18 wks age >35 years)	X	X
Serum A- Fetoprotein (16-18 weeks)		X
Rubella serology OR vaccination history	X	
IMMUNIZATIONS		
Rubella	X	
Influenza vaccine – (If > 14 weeks gestation and during influenza season)		
VISIT FREQUENCY		
1 every other week for first 28 weeks (7 visits)		
Then every 2-3 weeks until 36 weeks (4 visits)		
Every week from 37 weeks to delivery		
High risk pregnancy- more frequent visits		
EDUCATION/ COUNSELING		
SUBSTANCE ABUSE/ CESSATION: Tobacco; Alcohol and/or Drugs ; Second hand smoke	DOCUMENT EVERY VISIT	AT ROUTINE
Nutrition/ exercise; Importance of Folic Acid, multivitamins and iron and calcium intake		
STI (Sexually Transmitted Infection Prevention (condoms)		
Injury Prevention: Seat Belts/ Lap/ Should belts/ Helmets		
Domestic Violence/ Abuse		
Encourage breast feeding		

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These guidelines for healthy individuals should not be considered medical advice in any form, type or manner. Medical advice and health recommendations are best discussed between member and physicians.