# Prenatal care sheet

<table>
<thead>
<tr>
<th>Patient</th>
<th>Name</th>
<th>Age</th>
<th>G/P</th>
<th>Prior CS</th>
<th>Residence</th>
<th>Blood type</th>
</tr>
</thead>
</table>

### Current complaints
- Pregnancy related
- None-pregnancy related

### Obstetric history
- Prior IUGR/risk of IUGR
- Prior Macrosomia
- Prior preterm labor
- Prior stillbirth
- Prior hypertension
- Prior hyperemesis gravidarum
- Prior neonate with GBS infection
- Prior ectopic/pelvic infections
- Prior deliveries
- History of PPH
- History of 3-4th perineal tear:

### Personal medical history
- Medical disorders
- Medications

### Past surgical history
- Surgeries:

### Gynecological history
- PCOS/infertility:
- Pap smear:
- Genital herpes:

### Family history
- Inheritable diseases

### Travel history
- Travel to areas endemic for malaria, tuberculosis, Zika virus

### Psychosocial history
- Planned pregnancy:
- Potential barriers to care:
- Stable housing:
- Depression screening:
- Current or prior intimate violence

### Review of symptoms:
- Review/Update problem list:
- Review 1st trimester labs:
- Review genetic testing:

### Physical assessment:
- Baseline weight:
- Target weight gain during pregnancy:
- Baseline blood pressure
- Physical examination:

### First prenatal visit labs:
- Blood type:
- Antibody screening:
- Hgb and hematocrit:
- Rubella:
- Varicella:
- Urine culture:
  - GBS bacteriuria
  - Asymptomatic bacteriuria
- HIV status:
- Syphilis:
- Hepatitis B (HBsAg):
- High-risk for hepatitis B:
- Chlamydia/gonorrhea:
- TSH (if indicated):
- Diabetes testing (BMI > 30, FH, prior GDM or macrosomia):
- Hepatitis C testing (high risk):
- TB testing (exposed, immunodeficiency):
- Trichomonas testing (HIV):
- PAP smear:

### Dating:
- Method of dating:
- EDD:

### Genetics: (NIPS, materi21, quad testing)
- Aneuploidy screen:
- Cystic fibrosis/muscle dystrophy screen:
- Fragile X screen*:
- Counsel for consanguineous couples:
- Screening for specific conditions

### Orders: prenatal vitamins/cervical length/Progesterone/anomaly scan

### 14-20 weeks
- Review of symptoms:
- FHR:
- Cervical length (if indicated)
- Anatomy scan:
- Order return visit:
<table>
<thead>
<tr>
<th>Week</th>
<th>New Symptoms</th>
<th>Blood Pressure</th>
<th>Weight and weight gain</th>
<th>Order 28 week labs: CBC, 1 hr GCT, Syphilis</th>
<th>Review blood type (RhoGAM)</th>
<th>Antibody screen (if none available)</th>
<th>Order return visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 weeks</td>
<td>Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; New symptoms; Review/Update problem list; Depression (at least once/pregnancy):</td>
<td>Blood pressure:</td>
<td>Weight and weight gain:</td>
<td>Order 28 week labs: CBC, 1 hr GCT, Syphilis</td>
<td>Review blood type (RhoGAM):</td>
<td>Antibody screen (if none available)</td>
<td>Order return visit:</td>
</tr>
<tr>
<td>28 weeks</td>
<td>New symptoms: Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; Fetal movement; New symptoms; Review/Update problem list;</td>
<td>Blood pressure:</td>
<td>Weight and weight gain:</td>
<td>Doptone/SFH</td>
<td>Review 28 week lab:</td>
<td>CBC</td>
<td>Syphilis</td>
</tr>
<tr>
<td>32 weeks</td>
<td>New symptoms: Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; Fetal movement; New symptoms; Review/Update problem list;</td>
<td>Blood pressure:</td>
<td>Weight and weight gain:</td>
<td>Doptone/SFH</td>
<td>Review Tdap administration:</td>
<td>TOLAC consult</td>
<td>Return visit:</td>
</tr>
<tr>
<td>34 weeks</td>
<td>New symptoms: Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; Fetal movement; New symptoms; Review/Update problem list;</td>
<td>Blood pressure:</td>
<td>Weight and weight gain:</td>
<td>Doptone/SFH</td>
<td>Return visit:</td>
<td></td>
<td></td>
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<tr>
<td>36 weeks</td>
<td>New symptoms: Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; Fetal movement; New symptoms; Review/Update problem list;</td>
<td>Review birth plan &amp; update Birth Prep</td>
<td>GBS</td>
<td>Bedside US to confirm vertex</td>
<td>Return visit:</td>
<td></td>
<td></td>
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<tr>
<td>38 weeks</td>
<td>New symptoms: Vaginal bleeding; Leakage of fluid; Preterm symptoms; Preeclampsia symptoms; Fetal movement; New symptoms; Review/Update problem list;</td>
<td>Review indications of IOL</td>
<td>Offer membrane sweeping on 39 weeks</td>
<td>Review GBS results</td>
<td>Bedside US to confirm vertex</td>
<td>Return visit:</td>
<td></td>
</tr>
<tr>
<td>Weeks</td>
<td>New symptoms:</td>
<td>Review/Update problem list:</td>
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<tr>
<td>39 weeks</td>
<td>New symptoms:</td>
<td>Review/Update problem list:</td>
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<tr>
<td>40 weeks</td>
<td>New symptoms:</td>
<td>Review/Update problem list:</td>
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<td></td>
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</tr>
<tr>
<td>41 weeks</td>
<td>New symptoms:</td>
<td>Review/Update problem list:</td>
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</tr>
</tbody>
</table>

- **Vaginal bleeding:**
- **Leakage of fluid:**
- **Preterm symptoms:**
- **Preeclampsia symptoms:**
- **Fetal movement:**
- **New symptoms:**

<table>
<thead>
<tr>
<th>39 weeks</th>
<th>Schedule IO; give pamphlet, time and date</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Membrane sweeping</td>
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<tr>
<td></td>
<td>Bedside US to confirm cephalic:</td>
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<tr>
<td></td>
<td>Return visit</td>
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<table>
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<th>40 weeks</th>
<th>Schedule IO; give pamphlet, time and date</th>
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<tbody>
<tr>
<td></td>
<td>Membrane sweeping</td>
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<tr>
<td></td>
<td>Bedside US to confirm vertex</td>
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<tr>
<td></td>
<td>Return visit (1 w)</td>
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<table>
<thead>
<tr>
<th>41 weeks</th>
<th>Schedule antenatal testing</th>
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<tbody>
<tr>
<td></td>
<td>Membrane sweeping</td>
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<tr>
<td></td>
<td>Discuss IOL vs expectant management</td>
</tr>
<tr>
<td></td>
<td>Bedside US to confirm vertex</td>
</tr>
</tbody>
</table>

* Family history of intellectual disability, autism, fragile X syndrome, known elevated levels of FSH, family history of premature ovarian insufficiency, Late-onset intention tremor or ataxia, especially with a family history of movement disorders