

PREGNANCY GUIDELINES

Weeks of Pregnancy⇒	0	12	16	20	24	28	29	30	31	32	33	34	35	36
▼ INITIAL VISIT (during 1st 12 weeks)														
❖ Health history														
❖ Family history														
❖ Past pregnancies or surgeries														
❖ Allergies to foods or medicines														
❖ Current medicines														
❖ Get a physical exam, including a pelvic exam, pap smear, cultures														
❖ Have lab testing, including urine and blood tests														
❖ Have ultrasound exam	As needed													
▼ CONTINUING CARE														
❖ Timing of visits	Every 4 weeks						Every 2 weeks							Every week until delivery
❖ Blood pressure check	Each visit													
❖ Weight	Each visit													
❖ Size of your uterus	Each visit													
❖ Baby's heartbeat	Each visit													
❖ Any swelling of the ankles	Each visit													
❖ Pregnancy management during employment	As needed during pregnancy													
❖ Check cervix for dilation	As needed during pregnancy													
❖ Take cultures to see if there is an infection in the cervix	As needed during pregnancy													Group B Beta Strep culture

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▼ WHAT TO DO OR TALK ABOUT DURING WEEKS 16-28														
❖ When your baby is due														
❖ When to come to the doctor's office														
❖ Proper use of seat belts														
❖ Breast-feeding														
❖ How your body will be changing with your pregnancy														
❖ How to have sex safely during pregnancy														
❖ Which pregnancy or medical symptoms you need to report to your doctor right away														
❖ How your baby will be developing														
❖ Safe travel during your pregnancy														
❖ Scheduling special services for you as needed														
❖ Taking your medicines														
❖ Exercising														
❖ Having good nutrition and good dental care														
❖ Avoiding smoking, alcohol, and any drugs not ordered by your doctor														
❖ Taking your prenatal vitamins and folic acid														

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▼ WHAT TO DO OR TALK ABOUT DURING WEEKS 28-40														
❖ Childbirth classes														
❖ Tour the hospital labor unit or birth center.														
❖ Infant care and feeding														
❖ Parenting classes														
❖ How to choose your baby's doctor														
❖ You should get a flu shot if it is fall or winter.														
▼ WHAT TO DO OR TALK ABOUT DURING WEEKS 36-40														
❖ Getting ready for your hospital or birth center stay														
❖ What to expect during labor and childbirth														
❖ Signs of beginning labor														
❖ When to call your doctor														
❖ Infant care and feeding														
❖ How your body will change after your pregnancy														
❖ The importance of returning to your doctor for a checkup within three to eight weeks after you have your baby														
❖ Family planning services														

These pregnancy guidelines are based on the *Guidelines for Perinatal Care*, Sixth Edition, in November 2007, by the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics. You need to do or know about all the things on the left. Your doctor probably will have more things for you to do, depending on your needs.