



2015 Guidelines for a Healthy Pregnancy

1st VISIT	VISITS UP TO 28 WEEKS	VISITS FOR 28-36 WEEKS	VISITS FOR 36+ WEEKS
During the first 12 weeks	Every 4 weeks	Every 2 weeks	Every 1 week
Lab tests: <ul style="list-style-type: none"> • Blood type & count • Urine • PAP • HIV 	If needed tests for: <ul style="list-style-type: none"> • Diabetes • Anemia • Urine 	Lab tests for: <ul style="list-style-type: none"> • Anemia • Group B strep If needed: <ul style="list-style-type: none"> • Ultrasound • HIV test 	
As needed tests for : <ul style="list-style-type: none"> • Anemia • TB • STD • Newborn health problems • Ultrasound 	If needed: <ul style="list-style-type: none"> • Ultrasound • Test for any newborn health problems. • Your doctor may want to test the fluid that is around your baby in your womb 	If needed: Ultrasound	If needed: Ultrasound
Complete exam	<ul style="list-style-type: none"> • BP • Weight • Uterus size • Baby heart rate 	<ul style="list-style-type: none"> • BP • Weight • Uterus size • Baby heart rate 	<ul style="list-style-type: none"> • BP • Weight • Uterus size • Baby heart rate
Complete history	If not done at the first visit	If not done at the first visit	If not done at the first visit
Tests for genetic problems	If not done at the first visit	If not done at the first visit	If not done at the first visit
Talk to your doctor about: <ul style="list-style-type: none"> • HIV • Diet • Flu shot • Travel • Smoking, Alcohol or Drug use • Abuse 	Talk to your doctor about: <ul style="list-style-type: none"> • Signs of early labor • Lab tests • Choosing a doctor for your baby • Family planning 	Talk to your doctor about: <ul style="list-style-type: none"> • Signs of labor • Breast or bottle feeding • Depression • Abuse 	



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<ul style="list-style-type: none"> • Seat belt use • Travel • Dental care 			

After the birth of your baby:

Visit your doctor 4-6 weeks after birth or 7-14 days after birth by C-section for:

- Exam
- Pap test if needed
- Talk about family planning
- Screen for depression

Health Net Access uses the following sources to develop the Clinical Practice Guidelines	
Source	Website
United States Preventive Services Task Force (USPSTF), OB & GYN conditions	http://www.ahrq.gov/clinic/cps3dix.htm#obstetric
Centers for Disease Control (CDC),	www.cdc.gov
American Congress of Obstetrics and Gynecology (ACOG),	www.acog.org
American Academy of Family Physicians (AAFP)	www.aafp.org
American Academy of Pediatrics (AAP)	www.aap.org
Advisory Committee for Immunization Practices (ACIP)	http://www.cdc.gov/nip/acip/
Other nationally recognized medical associations, colleges and academies	
<p>The Health Net Access Pregnancy Health Guidelines give members and doctors options to keeping healthy during pregnancy. The guidelines are based on the best medical advice of the time. The guidelines are for those who do not have signs of illness. A medical history and exam may show that other tests are needed. As always, the doctor and member have the final say on care.</p>	