

**MUTUAL OF OMAHA  
PREVENTIVE CARE GUIDELINES  
NORMAL PREGNANCY**

**S DURING INITIAL VISIT**  
**SHADED AREA DENOTES SUGGESTED COMPLETION TIME**

Weeks of Pregnancy	S	8	12	16	20	24	28	30	32	34	36	37	38	39	40	PP
<b>History</b>																
Past Medical History																
Past Pregnancies																
High Risk Factors																
Family History																
Smoking																
Alcohol																
Substance Abuse																
Current Medications																
<b>Physical Exam</b>																
Height																
Weight																
Blood Pressure																
Weight Gain																
Routine Pelvic Exam																
Fundal Height																
Fetal Heart Tones																
Fetal Movement (after 20 weeks)																
Assess for Edema																
<b>Laboratory</b>																
Pap Smear																
Dipstick Urine																
Rh Factor																
CBC/ Hgb & Hct																
VDRL/ Syphilis Titer																
Rubella Titer(vaccine hx)																
Chlamydia/GC Culture											*					
Hepatitis B (HbsAg)																
HIV																
Diabetic Screen							24-28 wks									
Quad Screen				16-20 wks												
Group B Strep										34-36 wks						
Routine Ultrasound																

\* If original culture positive

Weeks of Pregnancy	§	8	12	16	20	24	28	30	32	34	36	37	38	39	40	PP
<b>Medications</b>																
Prenatal Vitamins with Folic Acid <sup>1</sup>																
Ferrous Sulfate <sup>2</sup>																
Rhogam <sup>2</sup> (or pt bleeding)																
<b>Education<sup>2</sup></b>																
Self Breast Exam																
Dietary/Nutrition/wt gain																
Adeq Calcium Intake																
Exercise/Activity/Work																
Dental Hygiene																
Tobacco and Effects of Passive Smoking																
Smoking Cessation																
Alcohol & Other Drugs Cessation																
Medication Usage																
Domestic Violence & Safety Prevention																
Cystic Fibrosis Screening Discussion																
Warning signs																
Delivery/Anesthesia																
Prenatal Classes																
Method of Feeding																
Early signs of Labor																
Return of Menses																
Resumption of sexual activity																
Use of contraceptives																
Post-partum Care																
Post-partum Depression																
<b>High Risk<sup>2</sup></b>																
Rubella Vaccine																
Assess Headaches																
Assess Visual changes																
First Trimester Ultrasound <sup>2</sup>																
<sup>1</sup> Continue until supply runs out or if breast feeding																
<sup>2</sup> If indicated																