

MIDWIFERY PLAN

**Initial visit
10 – 12 weeks**

Visit will include the following discussions and/or testing:

- General well being (history & physical)
- Nutritional needs of a pregnancy including taking prenatal vitamins daily
- Exercise
- Warning signs
- Routine prenatal labs:
Type & screen, HepB surface antigen, RPR, Rubella titer, CBC, U/A and urine C&S
- HIV testing
- Cystic Fibrosis
- Nuchal Translucency/First Screen for Down syndrome, Trisomy 13/18

16-18 weeks

Visit will include the following discussions and/or testing:

- The Quad screen.
This screening test is used to determine if your baby is at risk for Down syndrome, Spina Bifida and/or Anencephaly. Testing will require the mother's blood being drawn between 16-20 weeks. This is done at a lab, not in the office. The Quad is simply a screening test and NOT diagnostic. Keep in mind, if results would not change your plan of care, is the testing necessary?
- Amniocentesis if appropriate.
- Given requisition for 20 week ultrasound.

20 weeks

Visit will include the following discussions and/or testing:

- Circumcision
- Breast feeding vs. bottle feeding
- Childbirth classes
- Delivery options

26-28 weeks

Visit will include the following discussions and/or testing:

- Preterm labor
- Glucose Challenge Test (Blood will be drawn)
This test requires that you drink 50gm of an orange glucose drink supplied by the lab. One hour after finished your blood will be drawn to test your glucose level. The purpose of this test is to screen for gestational diabetes. Other options are available upon request. If you fail this screening, you will be asked to take a 3 hour glucose tolerance test. Failure of this testing will result in a referral to dietary and/or an endocrinologist.
- RhoGAM if Rh is negative
- CBC

35-37 weeks

Visit will include the following discussions and/or testing:

- Testing for Group Beta Strep (GBS).
First you will be counseled and asked to accept/decline testing and/or treatment of Group Beta Strep. You then will be taken back to the exam room, and asked to undress from the waist down. This test is done by sending off a vaginal culture. If test comes back positive for Group Beta Strep, you will be treated at your delivery with antibiotics. A positive Group Beta Strep result, if left untreated can increase risk of infection, including possibly leading to infant death.

36 weeks

You will be asked to develop a “birthing plan” either verbally or in writing.

38 weeks

You will be given a handout on “labor instruction”

41 weeks

At this time, you will be past you due date and asked to have a non-stress test to evaluate fetal well-being

Routine Office Visits: (10 until 30 weeks – every 4-5 weeks) (31 until 36 weeks – every 2-3 weeks) (37 until 40 weeks – weekly)
We will ask for a urine specimen at every visit, please be prepared.