



## General Description of Prenatal and Postpartum Care

### Initial visit / 8-12 weeks

Prenatal exam. Family, health, and OB/GYN history is obtained before initial appointment. Information is given on health, lifestyle, nutrition, and exercise for a healthy pregnancy. Blood draw for the prenatal panel is usually performed at this time. Care expectations reviewed, consents signed and returned. Deposit paid.

### General Prenatal Visits

Prenatal exams occur once a month and include blood pressure, weight, and urine check, fundal height measurement to check fetal growth, listening to the baby's heart beat, and discussion of current questions and any concerns.

### 25-29 week Visit

Prenatal Exam Screening for gestational diabetes and anemia tests are offered. Antibody titer and Rhogam are offered to Rh negative mothers. Childbirth education/ breastfeeding classes discussed and are suggested, as needed.

### 30 weeks

Prenatal Exam Prenatal visits are now every two weeks until 36 weeks.

### 35-37 weeks (this visit usually takes place in this time frame)

Prenatal home visit in couple's home with birth team. All birth fees are to be paid by this time. The birth plan is reviewed. Any other birth attendants, doulas or family members attending the birth, are encouraged to attend the home visit. Discussion with couple regarding labor and delivery, becoming parents, and a time for questions and concerns. Birth kit and a labor supplies inspected/location are reviewed. A vaginal culture is offered at this visit to rule out Group B Strep infection. Rh antibody titer may be repeated on Rh negative mothers. Weekly prenatal visits begin until the birth.

### 37 weeks until birth

Prenatal Exams Prenatal visits continue weekly. If the mother has not gone into labor, a biophysical profile is discussed and offered after 41 weeks to check on the baby.

### Labor and Birth

Birth attendants remain in the home for 2-4 hours after the birth to ensure that mother and baby are stable and healthy. The baby is weighed, measured, and a complete newborn exam is performed. Vitamin K and an antibiotic eye ointment are offered for the baby. The mother is given help with breastfeeding as needed, maternal vitals are monitored, placenta delivered and inspected. Postpartum assistance is given, including suturing of the perineum as needed.

### Postpartum Care

24-36 hours after birth

Home visit, maternal and newborn care is provided at home. Assessment of the health and well-being of mother and baby. The Birth Certificate information reviewed. Newborn exam and cardiac assessment and newborn metabolic screen performed.

Day 3, 1 week, 2 week Visit.

Home Visit Assessment of the health and well-being of mother and baby. Birth certificate paperwork notarized given to family for filing by the 2-week visit.

6-8 Week Visit (last pp visit to take place between 6 and 8 weeks)

Office Visit Assessment of the health and well-being of mother and baby. Well woman and physical exam of mother. Pap smear offered. Family Planning discussed.