


PREGNANT WOMEN PREVENTIVE MEDICINE GUIDELINES

 <p>BlueCross BlueShield of Louisiana <small>An independent licensee of the Blue Cross and Blue Shield Association</small></p>	TABLE 5: PREGNANT WOMEN*
PERIODIC HEALTH EXAMINATION RECOMMENDATIONS	
SCREENING	
Initial Visit:	
Blood pressure	
Hemoglobin/hematocrit	
Hepatitis B surface antigen (HBsAg)	
RPR/VDRL	
Rubella serology or vaccination history	
(Rh) D typing, antibody screen	
Offer: CVS (<13 weeks) OR Amniocentesis (15-18 weeks) (> Age 35 years)	Women with access to counseling and follow-up services, reliable standardized laboratories, skilled high-resolution ultrasound, and, for those receiving serum marker testing, amniocentesis capabilities.
Offer hemoglobinopathy screening	
Assess for problem or risk drinking	
HIV screening	
Cervical cytology	
Chlamydia	
Follow Up Visits:	
Blood pressure	
Urine culture	
Offer: Amniocentesis (15-18 weeks) Multiple marker testing (15-18 weeks) Serum a-fetoprotein (16-18 weeks)	Women with access to counseling and follow-up services, reliable standardized laboratories, skilled high-resolution ultrasound, and, for those receiving serum marker testing, amniocentesis capabilities.
Glucose tolerance test or postprandial blood sugar	24-28 weeks
Vaginal culture for B-strep	36 weeks
IMMUNIZATIONS	
Influenza	All women who are pregnant or will be pregnant during influenza season should be vaccinated.
Tetanus-diphtheria toxoids (Td) Tetanus, diphtheria and pertussis (Tdap)	If interval from last Td vaccination is ≥ 2 years but < 10 yrs, administer Tdap during the immediate postpartum period. If interval from last Td vaccination is ≥ 10 yrs, administer Td during the second or third trimester. Tdap can be administered instead of Td after informed discussion with the woman.
CHEMOPROPHYLAXIS	
Multivitamin with folic acid	Beginning at least one month before conception and continuing through the first trimester.
COUNSELING	
Tobacco cessation, effect of passive smoking	Lap/shoulder belts
Alcohol/other drug use	Infant safety car seats
Nutrition, including adequate calcium intake	STD prevention, avoid high-risk sexual behavior, use of condoms
Encourage breastfeeding	
*See Tables 2 and 3 for other preventive services recommended for women of this age.	