

Prenatal Care Plan



The Women's Health Clinic is here to serve you!

Fort Belvoir Community Hospital's providers are here to serve you throughout your pregnancy. This prenatal care plan has been designed to provide care at specific intervals corresponding to your gestational age.



For more information about your gestational age or prenatal care throughout your pregnancy, we encourage you to refer to your Pregnancy and Childbirth Guide — the Purple Book — which you received during OB registration, or at your first appointment.

6-8 weeks (OB registration)

- Receive and discuss information on exercise, benefits of breastfeeding, and other health related behaviors
- Receive needed immunizations and information on ways to decrease chance of getting various diseases
- Have recommended blood work and urine screen completed
- Discuss your anticipated due date, which may change as more information is known and further testing is done, etc.
- Request your profile sheet if you need one. Be sure to ask the nurse!



Please refer to your Purple Book, starting on Page 2, for more information.

10-12 weeks (new OB)

- Complete head-to-toe physical and pelvic exam that may include a pap smear and STI screening
- Review and discuss initial lab results
- Review your medical and mental health history with your healthcare provider
- Discuss information regarding screening for birth defects including chromosomal abnormalities, etc.
- Usually a dating sonogram is done at this first OB visit



Please refer to your Purple Book, starting on Page 14, for more information.

16-20 weeks

- Measure uterine growth and blood pressure
- Your provider will listen to baby's heart rate and discuss of any concerns or questions



Please refer to your Purple Book, starting on Page 24, for more information.

24 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, and discuss any concerns or questions you might have



Please refer to your Purple Book, starting on Page 34, for more information.

28 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, and discuss any concerns or questions you might have
- You will receive blood tests for gestational diabetes, and you will learn how to do fetal counts
- If you are Rh negative, you will receive additional blood test before receiving Rhogam injection



Please refer to your Purple Book, starting on Page 44, for more information.



32 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, review your baby's position, review the fetal movement record, and discuss any concerns or questions you might have
- You will also discuss issues such as birth control options for after you deliver



Please refer to your Purple Book, starting on Page 54, for more information.

36 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, review your baby's position, review the fetal movement record, and discuss any concerns or questions you might have
- You will be asked to collect a swab for Group B Streptococcus (GBS)



Please refer to your Purple Book, starting on Page 64, for more information.

38 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, review your baby's position, review the fetal movement record, and discuss any concerns or questions you might have
- Also, with a vaginal exam, your provider may check for any cervical opening or thinning



Please refer to your Purple Book, starting on Page 74, for more information.

40 weeks

- Your provider will measure uterine growth, blood pressure, weight, listen to baby's heart rate, review your baby's position, review the fetal movement record, and discuss any concerns or questions you might have.
- Also, with a vaginal exam, your provider may check for any cervical opening or thinning



Please refer to your Purple Book, starting on Page 74, for more information.



6-8 weeks after delivery

- Your provider will do a complete physical head-to-toe exam, to see if your body has returned to normal
- Preexisting medical conditions will be reviewed to help you determine a follow-up plan, and post-delivery depression and domestic violence screenings will be completed
- Your newborn is usually welcome to accompany you during this visit

This is likely the last time you will see your health care provider for a year or so. Do not hesitate to ask any questions you have about recovery or any other concerns!



Please refer to your Purple Book, starting on Page 74, for more information.

Centering Pregnancy care

In addition to the individual-care appointments described in this plan, Women's Health also offers a group model of prenatal care known as Centering Pregnancy care.

The Centering Healthcare Institute describes Centering Pregnancy as a multifaceted model of group care that integrates the three major components of care — health assessment, education and support — into a unified program within a group setting. Eight to 12 women with similar gestational ages meet together and learn care skills, participate in a facilitated discussion, and develop a support network with other group members.

Each pregnancy group meets for 10 sessions throughout pregnancy and early postpartum. The practitioner, within the group space, completes standard physical health assessments. Women and partners who attend often report that Centering Pregnancy care is highly enjoyable and informative.

For more information, scan the code at right using your smart phone or device, or go to centeringhealthcare.org



**Fort Belvoir
Community
Hospital**

Women's Health Clinic

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