



## **OB Clinic Patient Care Plan**

### **6 - 10 Weeks – Early Pregnancy Visit** *(if needed or requested)*

- Dating u/s
- Blood work as needed
- Review issues that patient is having
- Nausea/vomiting
- Give Prenatal Book
- Book appointment for 1<sup>st</sup> prenatal visit

### **10 – 12 Weeks – 1<sup>st</sup> Prenatal Appointment** *(usually about one hour long visit)*

- Discuss any questions or concerns patient has
- Review any labs, ultrasounds and pap done already
- Dating, NT and 20 week anatomy scan requisition faxed to ultrasound department  
*(Ultrasound will call you directly with appointment date and time)*
- Review prenatal class and pelvic floor class info in package
- Referral to Healthy Babies or/and Dietitian
- History, Education and Physical Exam
- Discuss VBAC and give decision tree
- Review Weight Graph
- Review smoking and offer cessation assistance (Nicotine Replacement &/or referral)
- Book next appointment in 4 weeks (every 4 weeks until 28 weeks)

### **13 – 20 Week appointments**

- Discuss any questions or concerns patient has
- Review lab and ultrasound results
- Confirm Due Date (Now using ultra sound dates)
- Review genetic screen results if done
- Review weight, urine, BP, smoking at each visit
- Book next visit in 4 weeks

### **18 – 26 Week appointments**

- Discuss any questions or concerns patient has
- Review lab and ultrasound results
- Review anatomy scan
- Give CBC and Gestational Diabetes Requisition to be done at 24-26 weeks gestation

*(You will receive a glucose drink, and then exactly one hour later a blood sample will be collected. Fast for 4 hours is recommended. Nothing to eat or drink within 4 hours of collection can avoid additional testing.)*

- Give RH negative women WinRho package
- Review weight, urine, BP, smoking at each visit
- Book next visit in 4 weeks

### **28 -32 Week appointments**

- Discuss any questions or concerns patient has
- Review lab (CBC and GDS) and any ultrasound results
- Ensure WinRho injection was given at 28 weeks
- Discuss Kick Counting (chart available)
- Discuss TENS
- Discuss Cord Blood Banking
- Discuss signs and symptoms of preterm labour
- Referral to OB at high risk center if BMI >40
- Referral to Anaesthesia if BMI 35 to 40.
- Discuss VBAC or Elective C-Section

*(Book consult with surgeon or referral for induction to high risk center)*

- Review weight, urine, BP, smoking at each visit
- Book next visit in 2 weeks

### **33-35 Week appointment**

- Discuss any questions or concerns patient has
- Review lab and any ultrasound results
- Review Kick Counting
- Review signs and symptoms of preterm labour
- Review weight, urine, BP, smoking at each visit
- Confirm C-section date (if repeat)
- Book next visit in 1-2 weeks

### **36-40 Week appointments**

- Discuss any questions or concerns patient has
- Review lab and any ultrasound results
- Review Kick Counting
- Discuss when to come to hospital (5-1-1)
- Discuss pain management options
- Review weight, urine, BP, smoking at each visit
- GBS Swab at 36 weeks
- Cervical checks and membrane stripping at 38 weeks and on if requested
- Book next visit in 1 week

### **40 – 41 week appointments**

- Discuss any questions or concerns patient has
- Review lab and any ultrasound results
- Review Kick Counting
- Discuss when to come to hospital (5-1-1)
- Discuss pain management options
- Review weight, urine, BP, smoking at each visit
- Cervical check and membrane stripping with consent
- Discuss induction at 10 days past due date +/-
- Discuss types of induction and plan

### **1 Week and 6 Week post-partum appointments**

- If not booked by hospital call OB MOA extension 214 to book your appointments
- If delivered in Edmonton can have 1 or 6 week check up with us.