



## Great Expectations<sup>®</sup> Maternity

### Maternity Care Recommended Guidelines

The schedule of care below is based on guidelines from the American College of Obstetricians and Gynecologists (ACOG). BlueChoice<sup>®</sup> HealthPlan's Quality Assurance Committee recommends this schedule as the care you receive at each of your maternity visits.

*Please discuss any questions that you have about your maternity care with your physician.*

Weeks Gestation	8	12	16	20	24	26	28	30	32	34	35	36	37	38	39	40	46
Prenatal Workup																	
Routine Visit	Every 4 weeks.					Every 2-3 weeks.					Every week.						
Alpha-fetoprotein Test		Offered 15-19 weeks.															
Follow-up Questions	Ask your physician questions you have about your maternity care.																
Glucose Tolerance Test					24-28 wks.												
Group Beta Strep Test										35-37 weeks.							
Rhogam Shot (If Rh-)						26-30 weeks.											
Postpartum Visit																	21-56 days after delivery.

### Preterm Labor

In the United States, seven to 10 percent of deliveries occur before the end of the 37th week of pregnancy. The earlier babies are born, the more health problems they may have. If your physician identifies preterm labor, the delivery of your baby can often be held off until closer to the expected due date. Regular pregnancy visits can reduce the risk of preterm labor by helping your physician detect problems early.

#### **You might be in preterm labor if you have:**

1. Regular contractions (four or more in an hour).
2. Lower abdominal cramps.
3. A low, dull backache that feels different than what you normally experience.
4. Diarrhea or intestinal cramps.
5. Persistent pelvic pressure.
6. Mucus or water leaking from the vagina.
7. Any vaginal bleeding.

#### **If you have any of the preterm labor signs:**

Lie on your left side for one hour, time your contractions and drink two to three glasses of water or juice.

Call your doctor's office if you have four contractions or more (15 minutes apart) in one hour. By acting early and preventing preterm delivery you are doing your best for you and your baby.