

# Early Prenatal Care Summary and Checklist for Family Physicians

These recommendations are based on a review of the best evidence and consensus opinion of the Abbotsford Division of Family Practice Maternity Pathway Steering Committee.

This checklist is a summary of the recommendations found in the Women's Health Maternity Care Pathway (2010) for the care of a pregnant woman at her first visit(s) to a health care provider. Some recommendations are updated here from the 2010 guideline and are marked (new). Women should have the opportunity to make informed decisions about their care, investigations, and treatment in partnership with their health care professionals.

## At first contact with a health care provider, a pregnant woman should be offered ALL of the following:

### REFERRAL TO A MATERNITY CARE PROVIDER

- Consider offering referral to a family physician (FP) who provides maternity care.
- Discuss all options for choice of maternity care provider (FP, midwife, or obstetrician), appropriate to the woman's health, resources available, and preferences.

### BLOOD AND URINE TESTING RECOMMENDED FOR ALL WOMEN

- CBC, TSH
- Urine C&S
- Chlamydia and gonorrhea (urine or cervical)
- HBsAg, STS/RPR, HIV, Rubella titre
- Blood ABO Group, Rh factor, and antibody screen

### ADDITIONAL BLOOD TESTS

- HBA1C if woman is at risk for Type 2 Diabetes
- anti-HCV if at risk for hepatitis C
- Varicella antibody if history uncertain
- Ferritin if at risk for anemia
- HPLC (high performance liquid chromatograph) for thalassemia and hemoglobinopathy carrier screening for all women EXCEPT those who are:
  - Japanese
  - Korean
  - Northern European Caucasian
  - First Nations or Inuit (new)
- Tay-Sachs screen if woman or partner is/may be Ashkenazi Jewish descent; or Ashkenazi Jewish Carrier full screen if both are/may be of AKJ descent. Special form required, see resources.

### FIRST TRIMESTER ULTRASOUND FOR DATING

- Recommend first trimester ultrasound for ALL women ideally between 8-13 weeks.



- Estimate due date using earliest ultrasound beyond 7 weeks in spontaneous conceptions (new). If availability of ultrasound is limited use second trimester scan.
- Perform early dating ultrasound prior to nuchal translucency scan for women with uncertain menstrual dates.

### PRENATAL GENETIC SCREENING

- Offer prenatal genetic screening to all women.
- Offer appropriate test(s) based on woman's age, when she accesses care, local resources, and woman's choice. (Note options are time-sensitive.)
- Prenatal Genetic Screening Laboratory Requisition: <http://ow.ly/XwAM3>

Age	Gestational Age at First Prenatal Visit		
	9-13 <sup>+6</sup> weeks	15-20 <sup>+6</sup> weeks	≥ 21 weeks
<35 yrs	SIPS and detailed US	Quad and detailed US	Detailed U/S
35-39yrs	IPS and detailed US	Quad and detailed US	Detailed U/S
40+ yrs	IPS or NIPT and detailed US	Quad or NIPT and detailed US	Detailed U/S or NIPT
	Amniocentesis is also available without prior serum screening		

### Private Pay Options for Prenatal Genetic Screening:

- Women ineligible for IPS can access NT Ultrasound from private providers and add to SIPS.
- Women of any age can access FTS from private providers.
- NIPT available at BCWH and private providers for highly accurate serum screen for trisomy 21, 18, 13. Covered by MSP for women at high risk. <http://ow.ly/Cx42303gq9V>

### GLOSSARY:

**SIPS** – Serum Integrated Prenatal Screen

- Part I at 9-13<sup>+6</sup> weeks; Part 2 at 15-20<sup>+6</sup> weeks

**IPS** – Integrated Prenatal Screen

- SIPS + NT ultrasound done at 11-13<sup>+6</sup> weeks (covered by MSP for women ≥ 35yrs, twins, and other high risk)

**Quad Screen**

- SIPS Part 2

**NIPT** – Non Invasive Prenatal Testing (cell free fetal DNA)

**FTS** – First Trimester Screening

- NT, nasal bones, fetal heart rate, Ductus Venosus flow, serum tests at 11-14 weeks

### LIFESTYLE/SUPPLEMENTS

- Recommend and provide Influenza vaccine prior to and during flu season.
- Recommend prenatal vitamin or Folic Acid 0.4-1mg daily prior to conception or at diagnosis of pregnancy.
- Recommend Folic Acid 4 mg/d for women with multiples, obesity BMI>35, pre-existing diabetes, previous infant with neural tube defect, taking anticonvulsants, or if daily consumption difficult.
- Provide lifestyle advice: smoking cessation and the implications of substance use and alcohol consumption in pregnancy. Use harm reduction approach if woman unable to abstain. Refer early if substance using.
- Administer TWEAK screening tool for alcohol use.
- Discuss food hygiene and implications of food borne infections. <http://ow.ly/qPIDh>

### At second visit:

- Discuss place of birth and maternity care provider. Refer as needed.
- Offer detailed ultrasound for 18-20 weeks and refer if desired.
- Discuss prenatal genetic screening options and refer/order tests as per woman's choices.
- Recommend Vitamin D supplementation: 15 micrograms (600 IU) daily during pregnancy and breastfeeding for all women in Canada (new) and 800 IU for women in the north in winter.
- Perform complete physical examination or refer to maternity provider.
- Offer Pap smear following usual screening guidelines.
- Provide lifestyle advice: nutrition, exercise (walking) a minimum of 30 min. a day, rest, and stress management.
- Offer early referral to local Public Health Prenatal Program. Vancouver Coastal Health 1-855-550-2229
- Send all records to maternity care provider.
- Document BMI and discuss healthy pregnancy weight gain

### Resources for Health Care Providers

Vancouver Division of Family Practice  
[www.divisionsbc.ca/abbotsford](http://www.divisionsbc.ca/abbotsford)

Gestational Age Calculator <http://ow.ly/XzoqW>

TWEAK questionnaire <http://ow.ly/XzoyR>

BC Maternity Care Pathway (2010) <http://ow.ly/qPOMq>

BC Prenatal Genetic Screening:  
Provider and Family information <http://ow.ly/Xzolh>

Public Pay NIPT: Second tier test and for previous trisomy  
<http://ow.ly/p4fr303gtsF>

BC Cervical Cancer Screening  
<http://www.screeningbc.ca/Cervix/ForHealthProfessionals/>

Pregnancy Weight Gain Calculator  
<http://ow.ly/cyAp303grbv>

AJK form and guideline  
<http://www.genebc.ca/condition.htm?id=4>

### Resources for Families

Pregnancy Passport <http://ow.ly/XzoPF>

HealthyFamiliesBC Pregnancy and Parenting  
<https://www.healthyfamiliesbc.ca/parenting>

Pregnancy and Food Safety <http://ow.ly/qPIDh>

Baby's Best Chance (6th Edit rev 5) <http://ow.ly/RoO7303gldZ>

BC Prenatal Genetic Screening in various languages  
<http://ow.ly/XwB5Q>



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