



**BlueCross BlueShield  
of Nebraska**

A Non-Profit Mutual Insurance Company and an Independent Licensee of the  
Blue Cross and Blue Shield Association.

# Preventive Health Guidelines

## *Prenatal*

These recommendations will help you achieve a healthy lifestyle and are intended as an educational reference. They do not replace the clinical judgment of your health care provider.

### SCREENING INDICATORS

Trimester	1 <sup>st</sup>		2 <sup>nd</sup>		3 <sup>rd</sup>	
	1-14		15-28		29-36	37-40+
<b>Weeks of gestation</b>	1-14		15-28		29-36	37-40+
<b>Frequency of office visits</b>	every 4 wk.				every 2 wk.	weekly
Physical exam	first visit					
History/Risk Assessment	first visit					
Height	first visit					
Weight			every visit			
Blood Pressure			every visit			
Fundal height			every visit			
Pelvic exam	first visit					once
Pap smear (within last 6 months)	first visit					
Fetal heart tones			every visit after 12 weeks			
Fetal movement			every visit after 20 weeks			
<b>Lab tests:</b>						
Hgb/Hct	first visit			26-36 wk.		
Hepatitis B surface antigen (HBsAg)	first visit					
Rubella titer (or vaccine hx.)	first visit					
Syphilis screen	first visit					
Blood and Rh (D) typing – Incompatibility Screening	first visit - Blood typing and antibody testing at first pregnancy-related visit. Repeated antibody testing for unsensitized Rh(D)-negative women at 24-48 weeks gestation unless biological father is known to be Rh(D)negative.					
HIV screening	first visit - All adolescents and adults at increased risk for HIV infection and all pregnant women					
UA for bacteriuria, screening for asymptomatic	first visit	12-16 wks				
Chlamydia screening	First Visit – Asymptomatic pregnant women 25 and younger and others at increased risk.					
Gonorrhea, Screening	All sexually active women, including those who are pregnant, at increased risk for infection (that is, if they are young or have other individual or population risk					
Substance abuse assessment and counseling: tobacco–alcohol–drug abuse	Tobacco cessation interventions for those who use tobacco. Augmented pregnancy-tailored counseling to pregnant women who smoke					
Iron Deficiency Anemia, Screening	Routine screening in asymptomatic pregnant women					
Group B Streptococcal						once
Urine dip-stix for glucose & protein			every visit			
Gestational diabetes screen			24-28 wk.			
Influenza Immunization	during flu season					
Breastfeeding, Behavioral Interventions to Promote	Structured education and behavioral counseling programs					

- When the patient is not seen until the 2<sup>nd</sup> or 3<sup>rd</sup> trimester, all recommended screenings and immunizations should be completed at the 1<sup>st</sup> visit. Education should begin at the 1<sup>st</sup> visit and completed as soon as possible.
- Women with active medical or obstetric problems should be seen more frequently.
- High-risk mothers and fetuses should be referred to a specialist; check pre-authorization requirements.

**IMMUNIZATIONS****UNLESS CONTRAINDICATED**

**CONNECT TO CDC:** [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)

**Please see Recommended Up-to-Date Adult Immunization Schedule, by Vaccine and Medical and Other Indications for Immunizations specific to Pregnancy**

**ADDITIONAL RECOMMENDED GUIDELINES FOR HIGH RISK POPULATIONS**

POPULATION	RECOMMENDED GUIDELINES
High-risk sexual behavior	First visit: screen for chlamydia &/or gonorrhea, &/or HIV.
Injection drug use	HIV screen; repeat HBsAg in third trimester; counseling to reduce infection risk, TB (or PPD) skin testing.
Unsensitized Rh (D) negative women	Repeat Rh (D) test at 24 - 28 weeks
High risk factors for Down syndrome	Offer alpha-fetoprotein screen at 16-18 wk., &/or amniocentesis at 15 -18 wk.
Previous pregnancy with neural tube defect	Folic acid 4.0 mg daily through the first trimester; offer amniocentesis at 15-18 wk., &/or alpha-fetoprotein at 16-18 wk.
High risk factors for: Cystic fibrosis, Sickle-cell trait, Thalassemia, Tay-Sachs disease	Screening and counseling at first visit.
Blood product recipients 1978 - 1985	HIV screen first visit
Exposure to Hepatitis B during pregnancy	Repeat HBsAg testing in 3 <sup>rd</sup> trimester, and offer vaccination during pregnancy
Exposure to persons with TB	TB (or PPD) skin testing
Exposure to HIV infected persons	TB (or PPD) skin testing
Medically at risk for developing TB, i.e, diabetes mellitus, prolonged high-dose corticosteroid therapy or other immunosuppressive therapy, medically underserved, alcohol addiction.	TB (or PPD) skin testing
History of depression or post-partum depression	Screen for depression and educate patient regarding symptoms and treatment.

<b>EDUCATION &amp; INJURY PREVENTION, document education on the following:</b>	<b>1<sup>st</sup> Trimester</b>	<b>2<sup>nd</sup> Trimester</b>	<b>3<sup>rd</sup> Trimester</b>
Danger signals/ when to call the doctor	once		
Nutrition/ weight gain	once		
Activity/ work/ exercise	once		
Sexual activity	once		
Dangers of smoking (active and passive smoking)	once		
Medications (prescription & non prescription)	once		
Substance abuse (alcohol, illicit drugs, caffeine)	once		
Childbirth education resources	once	once	once
Domestic violence & safety		once	
Travel after 32 weeks			once
Pregnancy induced hypertension			once
Preterm Labor			once
Delivery Options			once
Analgesics/ anesthetics options			once
Breastfeeding option highly recommended			once
Return to Work			once

**Vaccinations, screenings and counseling recommendations may not be covered benefits under all Blue Cross and Blue Shield Nebraska plans. Please consult your benefits materials.**

## References

United States Preventive Services Task Force 2007 [www.ahrq.gov/clinic](http://www.ahrq.gov/clinic)  
Department of Health and Human Services, Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)  
National Partnership for Immunizations (NPI) [www.cdc.gov/nip/recs/adult-schedule.htm](http://www.cdc.gov/nip/recs/adult-schedule.htm)  
[www.cdc.gov/nip/recs/child-schedule.htm](http://www.cdc.gov/nip/recs/child-schedule.htm)  
Advisory Committee on Immunization Practices (ACIP) [www.cdc.gov/nip/ACIP/default.htm](http://www.cdc.gov/nip/ACIP/default.htm)  
American Academy of Family Physicians (AAFP) [www.aafp.org](http://www.aafp.org)  
American Academy of Pediatrics (AAP) [www.aap.org](http://www.aap.org)  
National Partnership for Immunization [www.partnersforimmunization.org](http://www.partnersforimmunization.org)  
American Cancer Society [www.cancer.org](http://www.cancer.org)

Preventive Health Guidelines were updated and approved by Blue Cross and Blue Shield of Nebraska's Quality Improvement Committee.  
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