

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 Vancouver Division of Family Practice Maternity Care Network 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
- HepC Ab if at risk
- Varicella antibody if history uncertain
- Ferritin if at risk for anemia
- Thalassemia and hemoglobinopathy carrier screening – add HPLC (high performance liquid chromatography) for all women EXCEPT those who are:
 - Japanese
 - Korean
 - Northern European Caucasian
 - First Nations or Inuit (*new*)
- Ashplex screen if any family member is of Ashkenazi (northern European) Jewish descent

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 Biochemistry Lab Requisition: <http://ow.ly/qPODa>

Age	Gestational Age at First Prenatal Visit		
	9-13 ⁺⁶ weeks	15-20 ⁺⁶ weeks	≥ 21 weeks
<35 yrs	SIPS and detailed US	Quad and detailed US	Detailed U/S
35-39 yrs	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 under age 35 can access NT Ultrasound from private providers (approx. \$500) and add to SIPS.
- Women of any age can access FTS from private providers (approx. \$500).
- NIPT available at BCWH and private providers for highly accurate serum screen for Down Syndrome, trisomy 18 and trisomy 13 (\$800-\$1,200). <http://ow.ly/toPY9> (*new*)

GLOSSARY:

SIPS – Serum Integrated Prenatal Screen

- Part I at 9-13⁺⁶ weeks; Part 2 at 15-20⁺⁶ weeks

IPS – Integrated Prenatal Screen

- SIPS + NT ultrasound done at 11-13⁺⁶ weeks (covered by MSP for women ≥ 35yrs)

Quad Screen

- SIPS Part 2

NIPT – Non Invasive Prenatal Testing

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 5mg/d for women with multiples, obesity BMI>35, pre-existing diabetes, previous infant with neural tube defect, taking anticonvulsants, or if daily compliance problematic.
- 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: 10 micrograms (400 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.

Resources for Health Care Providers

Vancouver Division of Family Practice

www.divisionsbc.ca/vancouver

BC Women's Hospital Department of Family Practice

<http://pregnancyvancouver.ca/>

Gestational Age Calculator <http://ow.ly/sfEB6>

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

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

BC Prenatal Genetic Screening

Provider and Family information <http://ow.ly/wl6Sh>

NIPT <http://ow.ly/t5DM1>

BC Cervical Cancer Screening

<http://www.screeningbc.ca/Cervix/ForHealthProfessionals/>

Pregnancy Weight Gain Calculator

<http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php>

Resources for Families

Pregnancy Passport <http://ow.ly/qPP8h>

HealthyFamiliesBC Pregnancy and Parenting

<http://www.healthypregnancybc.ca/>

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

Baby's Best Chance (6th Edit rev 4) <http://ow.ly/qPPnt>

BC Prenatal Genetic Screening in various languages

<http://ow.ly/tpe1m>



Vancouver

Division of Family Practice

A GPSC initiative

830-777 West Broadway, Vancouver, BC V5Z 4J7

Tel: 604.569.2010 Fax: 604.321.5878

www.divisionsbc.ca/vancouver