Early Prenatal Care Summary and Checklist for Primary Care Providers

Hyperlinks, shown in blue, are embedded throughout this document.

These recommendations are based on a review of best evidence and consensus opinion.

This checklist is a summary of the recommendations found in the BC 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.

Provincial Antenatal Record 1 and 2 are available for documentation.

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

REFERRAL TO A MATERNITY CARE PROVIDER
• Discuss all options for choice of maternity care provider (family physician, registered midwife, or obstetrician) appropriate for the woman’s health, her preferences and the resources available.

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 chromatography) for thalassemia and hemoglobinopathy carrier screening for all women EXCEPT those who are:
  ▫ Japanese
  ▫ Korean
  ▫ 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
• If available, 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 (SIPS/IPS/Quad)

<table>
<thead>
<tr>
<th>Age</th>
<th>Gestational Age at First Prenatal Visit</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>9-13+6 weeks</td>
</tr>
<tr>
<td>&lt; 35 yrs</td>
<td>SIPS and detailed U/S</td>
</tr>
<tr>
<td>35-39 yrs</td>
<td>IPS and detailed U/S</td>
</tr>
<tr>
<td>40+ yrs</td>
<td>IPS and detailed U/S</td>
</tr>
</tbody>
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Amniocentesis is also available without prior serum screening.

Private Pay Options for Prenatal Genetic Screening:
• Women ineligible for IPS can access NT U/S from private providers and add to SIPS to have an IPS reported instead.
• Women of any age can access FTS from private providers.
• NIPT available at various hospital outpatient labs and private providers for those women not eligible for funded NIPT. See website: bcprenatalscreening.ca\NIPT.
Early Prenatal Care Summary and Checklist for Primary Care Providers, Cont’d.

GLOSSARY:

SIPS – Serum Integrated Prenatal Screen
- Part I at 9-13+6 wks; Part 2 at 15-20+6 wks (best at 15+2-16+6 wks)

IPS – Integrated Prenatal Screen
- SIPS + NT ultrasound done at 11-13+6 weeks (covered by MSP for women ≥ 35 yrs, twins, and other high risk criteria). See bcprenatalscreening.ca.

Quad Screen
- SIPS Part 2

NIPT – Non Invasive Prenatal Testing (cell free fetal DNA). Highly accurate maternal serum screen for trisomy 21, 18 & 13. MSP-covered for screen positive (SIPS/IPS/Quad) women, or other high risk criteria. See bcprenatalscreening.ca\NIPT.

Other non-eligible women can access self-pay NIPT.

FTS – First Trimester Screening
- NT, nasal bones, fetal heart rate, Ductus Venosus flow, serum tests at 11-14 weeks

LIFESTYLE/SUPPLEMENTS

- Recommend prenatal vitamin or Folic Acid 0.4-1mg daily prior to conception or at diagnosis of pregnancy.

- Recommend Folic Acid 4mg/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.

- Recommend and provide influenza vaccine prior to and during flu season.

- Administer TWEAK screening tool for alcohol use.

- Discuss food hygiene and implications of food borne infections. http://tiny.cc/BCCDCFoodSafety

- Refer to health authority public health services.

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.

- Offer early referral to local Public Health Prenatal Program.

- Discuss prenatal genetic screening options and refer/order tests as per woman’s choices.

- Recommend Vitamin D supplementation: 15 µg (600 IU) daily during pregnancy and lactation for all women.

- Perform complete physical examination or refer to maternity provider.

- Document pre-pregnancy BMI; calculate target gestational weight gain.

- Offer Pap smear following usual screening guidelines.

- Provide lifestyle advice: nutrition, exercise (walking) a minimum of 30 minutes a day, rest, and stress management.

- Send all records to maternity care provider.

Resources for Health Care Providers

Divisions of Family Practice www.divisionsbc.ca
Gestational Age/Estimated Date of Delivery Calculator
TWEAK Questionnaire
BC Maternity Care Pathway (2010) bcprenatalscreening.ca
BC Prenatal Genetic Screening Program bcprenatalscreening.ca
Public Pay NIPT Second tier test and for previous trisomy bcprenatalscreening.ca\NIPT
BC Cervical Cancer Screening
Pregnancy Weight Gain Calculator
SOGC Guideline Working with First Nations, Inuit, and Métis
AKJ Form and Guideline
Motherisk www.motherisk.org

Resources for Families

Pregnancy Passport
Healthy Families BC – Pregnancy and Parenting www.healthyfamiliesbc.ca/parenting
Pregnancy and Food Safety
Baby’s Best Chance
BC Prenatal Genetic Screening Program in various languages: bcprenatalscreening.ca

Perinatal Services BC
An agency of the Provincial Health Services Authority www.perinatalservicesbc.ca

Acknowledgment: This resource was developed by the Vancouver Division of Family Practice, and has been adapted into a PSBC resource with their permission and collaboration.

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