



Women's Health For Life, Inc.

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www.womenshealthforlife.com

BLOSSOM® Obstetrics Program

1st appointment: between 6-8 weeks

OB Education appointment to include:

- Confirmation of pregnancy
- Prenatal care visit schedule to include an ultrasound at 20 weeks
- Tests that will be ordered throughout the pregnancy
- Nursing will discuss topics such as:
 - Travel
 - Exercise
 - Seatbelts
 - Fluid intake
 - Breastfeeding
 - Vitamins
 - Hospital of delivery
- Nutritional assessment
- Prenatal lab tests ordered
- Viewing the OB video – welcome visit

12 weeks:

- Prenatal visit –
 - Heart tones
 - Fundal height
 - Lab tests reviewed
 - Pap smear (if needed)
 - Urine dip

16 weeks:

- Prenatal visit –
 - Heart tones
 - Fundal height
 - Urine dip
- Discuss possible AFP (Quad-screen) testing
- Counsel on weight gain
- Smoking cessation
- Seatbelt usage

20 weeks

- OB ultrasound w/ultrasonographer and
- Prenatal visit –
 - Heart tones
 - Fundal height
 - Urine dip
- Discuss AFP results (if applicable)
 - Prenatal classes encouraged
- Ultrasound discussed

BLOSSOM® Obstetrics Program

24 weeks:

- Education video
- Explain glucose tolerance test
- Blood count urine testing
- Fetal kick counts
- No smoking
- Sterilization options
- Drinking water
- Eating habits
- Seatbelts
- Discuss Rhogam injection if needed
- Traveling restrictions
- Prenatal visit –
 - Heart tones
 - Fundal height
 - Urine dip

28 weeks:

- Prenatal visit –
 - Heart tones
 - Fundal height
 - Urine dip
- Travel Counseling
- Fetal Movement Discussed with kick count sheet given
- Preterm labor signs and symptoms discussed
- Prenatal classes encouraged

32 weeks: Same as 28 weeks PLUS:

- Discussion of pediatrician
- Circumcision
- Classes attending
- Breast or bottle feeding

34 weeks: Same as 28 weeks PLUS:

- Smoking discouraged
- Travel discussed
- Reassurance given about delivery

36 – 40 weeks: Same as 28 weeks PLUS:

- Labor instructions given
- Car seat for the baby
- Review labor symptoms
- Delivery plan
- Reassurance given