

Patient is a \_\_\_ y/o G \_\_\_ P \_\_\_ @ \_\_\_ wks \_\_\_/7 with and EDD of \_\_\_\_\_ c/w LMP/US

PMH significant for \_\_\_\_\_ (if applicable)

- Cramping: [+/- frequency, intensity, duration]
- Vaginal Bleeding: [+/- color, # of pads, etc]
- Nausea/Vomiting: [severity, frequency]
- Other concerns/ new problems: [pain, rash, review of systems etc.]

Current Meds: [PNV, etc.]

Allergies:

Sx: [T/E/D, abuse, home, child care, occupation, education]

Vitals:

Physical Exam: [fundal height (cm), FHR (bpm)]

PNL (prenatal labs): [Urine, CBC (first visit), Rubella, HBsAg, HIV, GC/Chlamydia, chem10]

Screening: [Genetic screen part 1 (NT, PAPP-A, Beta HCG)]

Ultrasound: [first one should be done before 12 weeks, measure CRL to determine EDD]

Other topics of discussion: [pertinent for first trimester]

- Appointments every 4 weeks
- Discuss changes to body during pregnancy
- Nutrition/diet/physical activity
- Discuss time table for the pregnancy.
- Birthing classes