



PRECONCEPTION AND ANTENATAL CARE

Developed by Community Health



WHAT IS PRECONCEPTION AND ANTENATAL CARE?

Preconception care: The health and care of moms during reproductive years, the years they can have a child (between puberty and menopause). Care is often 6 weeks before conception.

Perinatal care: Caring for the health of moms and babies through all stages of pregnancy

Antenatal care: Care during pregnancy before birth occurs, also referred to as prenatal



PRECONCEPTION

During the preconception stage of pregnancy improve:

- Nutrition
 - Eat vegetables, fruit, whole grains, meat, fish, low fat milk, and unsaturated oils
 - Limit salt, refined sugar, and processed foods
 - Benefits of a healthy diet is getting enough calcium, vitamin D, folic acid, and iron
- Weight
 - Additional calories are not required during preconception unless you are underweight
 - Underweight people are at risk for preterm birth and small-for-gestational age infants
 - Maternal obesity increases risk of infertility, spontaneous abortion, congenital abnormalities, preterm birth, unexplained stillbirth, diabetes, labour dystocia, Caesarean birth, and high blood pressure or blood clotting disease



PRECONCEPTION CONTINUED



During the preconception stage of pregnancy improve:

- Physical activity
 - Exercise helps maintain weight and decreases the risk of heart disease, stroke, high blood pressure, certain cancers, type 2 diabetes, and osteoporosis
- Avoid substance use
 - Positive lifestyle changes during pregnancy are important and reduces potentially harmful effects
 - Men's substance use can also negatively affect sperm DNA
- Make sure immunizations are up to date
 - Infectious disease effects on maternal and fetal health are preventable through vaccination
 - Vaccines can be given before, during, and after pregnancy. It is safe to have vaccines after birth even while breastfeeding
- Mental clarity, support, and positive mindset



PRECONCEPTION HEALTHCARE VISIT

Folic Acid

Multivitamin is recommended:
0.4mg of folic acid
16–20mg of iron

Nutrition

Vitamin D and calcium
Pregnant women add an extra
350–450 calories per day

Current medications

Discuss current conditions and medications and teach people about harmful medications and possible effects on the baby

Reproductive and family/genetic health history

Titers for immunity

A laboratory test that measures the presence and amount of antibodies in the blood. MMR given a month before pregnancy if not received. Influenza before or during pregnancy and Tdap during pregnancy.

Pap test

Should be conducted every 2–3 years. If a pap has not been complete in several years it is a good idea to get one to look for changes in the cervix indicating cervical cancer. May have STI screening as well.

ANTENATAL CARE

Antenatal care: Regular check ups with a doctor, nurse, or midwife throughout pregnancy phases



Moderately intense exercise is safe for women at any stage of pregnancy. Avoid hot yoga studios, hypothermic environments can cause neural tube defects



Avoid substance use



Healthy eating



Prenatal vitamins, ensuring appropriate intake of folic acid



Avoid environmental toxins and hazards



Regular physical exams



ANTENATAL PHYSICAL EXAM

Assess blood pressure, heart rates, and breathing

Rh blood type

Blood tests (hemoglobin and hematocrit)

Sickle cell anemia screening

Urinalysis

Ultrasounds

Biophysical profile

Percutaneous umbilical cord sampling

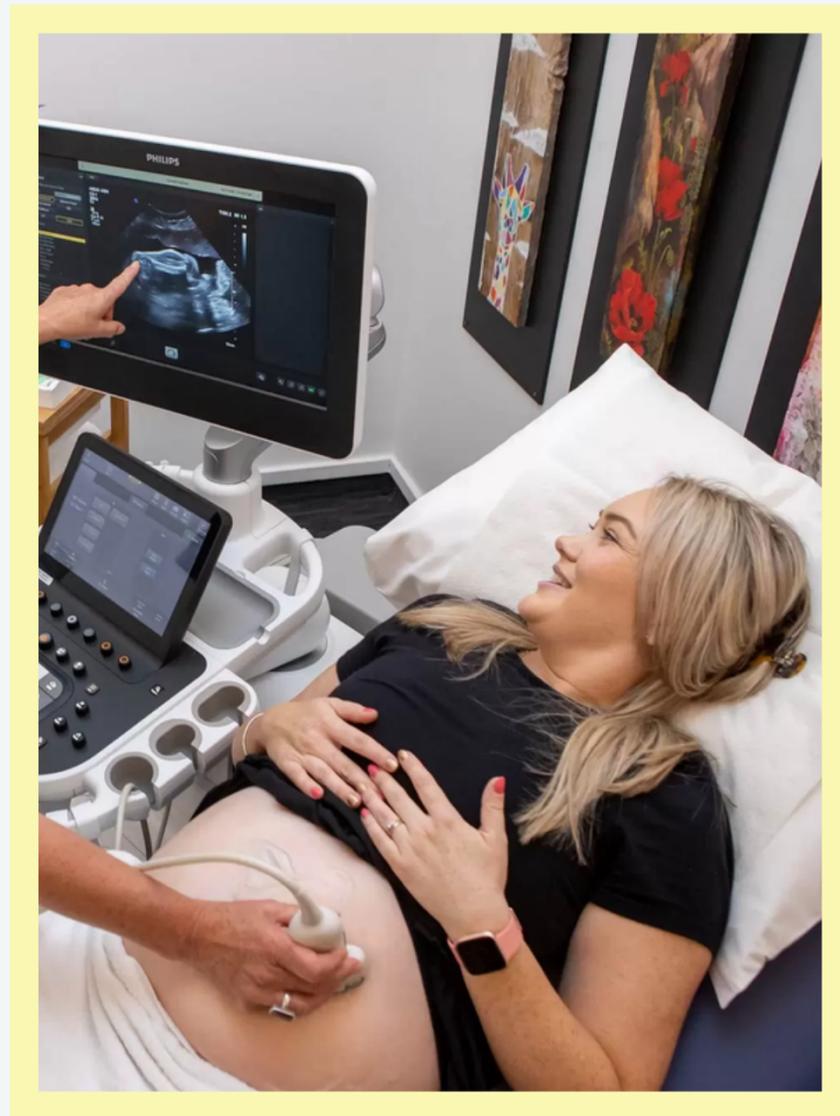
Aminocentesis

Kick counts

Fern and Nitrazine test

Fibronectin test

ANTENATAL PHYSICAL EXAMS DESCRIBED



- These physical exam tasks are safe for the mother and growing baby
- It is important to assess blood pressure to monitor for preeclampsia
- Assess for Rh factor, if mom is negative and baby is positive intervention is required
- Complete a urinalysis to assess for UTI or gestational diabetes
- Schedule ultrasounds (produce sound waves) to assess baby's development
- Percutaneous umbilical cord sampling takes fetal blood directly from the umbilical cord to assess for abnormalities
- Amniocentesis is a test offered to assess chromosomal conditions
- Fetal kicks assess movement of the baby, 10 kicks in 1 hour is considered typical
- The fern test assesses for ruptured membranes and the nitrazine test is a pH indicator
- Fibronectin test is used to rule out preterm labour

THANK YOU FOR LEARNING WITH US



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