

Antepartum

Prenatal Visit Frequency

Conception - 28 weeks
(Q4 weeks)
29 weeks - 36 weeks
(Q2 weeks)
37 weeks - birth
(Q1 week)

Nutritional Needs

-Fruits and vegetables
-Lean protein
-Grains
-Folic Acid
-Iron
-Vitamins
-Water

G - number of times pregnant
Para - births after 20 weeks
T - number of term births
P - number of pre-term births
A - number of abortions
L - number of living children

Vocabularies

Chloasma

brownish pigment of face.

Linea Nigra

black line below umbilicus

Striae Gravidarum

stretch marks

Hyperemia

blood collection

Geriatric Pregnancy

pregnancy age 35+

Nulligravida

never pregnant

Primagravida

first pregnancy

Multigravida

2 or more pregnancies

Hormones

Progesterone

- made by corpus luteum until 10 weeks then placenta levels rise in first trimester then level off
- keeps uterus relaxed along with other smooth muscles
- maintains endometrial layer

Estrogen

- secreted by corpus luteum
- plays important role in fetal development
- stimulates growth of the fetus' adrenal gland

Human Chorionic Gonadotropin (HCG)

- produced by cells in the placenta
- signals ovaries to stop egg production
- peaks 60-90 days and levels off for the rest of pregnancy
- high level of HCG in urine = pregnancy - causes nausea

Oxytocin

- causes uterine contractions and cervix dilation

Relaxin

- relaxes uterine muscle and ligaments of pelvic bones