## Initial Visit:
- Blood pressure
- Hemoglobin/hematocrit
- Hepatitis B surface antigen (HBsAg)
- RPR/VDRL
- Rubella serology or vaccination history
- (Rh) D typing, antibody screen

**Offer:**
- CVS (<13 weeks) OR Amniocentesis (15-18 weeks) (≥ Age 35 years)
- Offer hemoglobinopathy screening
- Assess for problem or risk drinking
- HIV screening
- Cervical cytology
- Chlamydia

## Follow Up Visits:
- Blood pressure
- Urine culture

**Offer:**
- Amniocentesis (15-18 weeks)
- Multiple marker testing (15-18 weeks)
- Serum alpha-fetoprotein (16-18 weeks)
- Glucose tolerance test or postprandial blood sugar
- Vaginal culture for B-strep

## IMMUNIZATIONS
- **Influenza**
  - All women who are pregnant or will be pregnant during influenza season should be vaccinated.
- **Tetanus-diphtheria toxoids (Td)**
  - If interval from last Td vaccination is ≥ 2 years but < 10 yrs, administer Tdap during the immediate postpartum period.
  - If interval from last Td vaccination is ≥ 10 yrs, administer Td during the second or third trimester.
  - Tdap can be administered instead of Td after informed discussion with the woman.

## CHEMOPROPHYLAXIS
- **Multivitamin with folic acid**
  - Beginning at least one month before conception and continuing through the first trimester.

## COUNSELING
- **Tobacco cessation, effect of passive smoking**
  - Lap/shoulder belts
- **Alcohol/other drug use**
  - Infant safety car seats
- **Nutrition, including adequate calcium intake**
  - STD prevention, avoid high-risk sexual behavior, use of condoms
- **Encourage breastfeeding**

*See Tables 2 and 3 for other preventive services recommended for women of this age.*