

# UCSF Approach to prenatal care visits during COVID-19

COVID-19 has offered us an opportunity to think critically about how we see our patients. In an effort to balance your safety with physical distancing during the COVID-19 outbreak, we suggest the below schedule for your prenatal visits, balancing both in-person and video visits.

This is only a suggested guide. For most lower risk patients, below is the approximate timing of when and what kind of visit is appropriate. You and your obstetric provider (doctor, nurse practitioner, or certified nurse midwife) can make a plan best suited for you and your needs!

**“In-person” (IP):** Means that you will have a traditional face-to-face visit with your Provider at the location where they practice:

To schedule a prenatal visit, call (415) 353-2566


You will be screened for symptoms prior to your visit, and you will be asked to wear a mask at all times. If you do not have an appropriate mask, one will be provided. All health care workers you interact with will be wearing masks. Visitor policies are constantly evolving, but in the ambulatory clinics, there are no visitors permitted at this time – we will inform our patients as soon as this changes!

Please feel free to use our WiFi (UCSF Guest) and share your visit (prenatal or ultrasound) with your support people via phone, Zoom, FaceTime, Duo, etc.! We’re happy to assist you with this, and WiFi information is available in all exam rooms.

**“Video Visit” (VV):** Means a virtual visit by a secure UCSF Zoom connection. Through MyChart, you will be sent instructions and a secure link to connect with your provider at a certain time. We suggest that you pick a place in your home that is quiet and has reliable internet access. If you do not have a device that allows you to access Zoom, or do not have reliable internet access, please contact our office.

**We strive for continuity.** After your first prenatal visit, please feel free to schedule out your prenatal visits as far as scheduling permits with the provider of your choice, using this as a guide. We will schedule visit types according to this guide. If a physical exam is desired/needed, please speak to your provider about switching to an IP visit. Please understand that the IP visit may be with an alternative provider based on availability, but we will do our best to accommodate continuity. Thank you for your patience and continued flexibility in this process.

## Suggested Prenatal Schedule

Gestational Age	In-person (IP), telephone, or video visit (VV)	Visit Name	What can you expect during the visit?
Before 12 weeks	Telephone visit with a nurse 	Nurse phone call (we call this an “intake” phone call)	One of our nurses will call to discuss your medical history and early pregnancy symptoms. By knowing your health history beforehand, your prenatal provider can spend more time on your concerns during your first prenatal visit.  <i>continued</i> 

Gestational Age	In-person (IP), telephone, or video visit (VV)	Visit Name	What can you expect during the visit?
Before 12 weeks	IP	New pregnancy confirmation visit	Vital signs (blood pressure and weight) and physical exam, initial ultrasound for pregnancy dating, discussion on genetic testing and prenatal labs (which are usually collected after 10 weeks).
11-13 weeks	IP at a Prenatal Diagnostic Center*	Nuchal translucency (NT) ultrasound	If you choose to pursue genetic testing, this ultrasound will likely be a part of it. You may also need to get additional bloodwork for genetic testing. *Call PDC to schedule an appointment (415) 476-4080.
12-16 weeks	VV	New obstetric visit	Discussion of lab results and symptoms. Ensure anatomy ultrasound and genetic testing (2nd trimester) are ordered.
18-20 weeks	IP at a Prenatal Diagnostic Center*	Anatomy ultrasound	The anatomy scan takes a detailed look at the development of the baby. *Call PDC to schedule an appointment (415) 476-4080.
18-22 weeks	VV	Return obstetric visit	Discussion on genetic testing results and symptom check. We will order your 3rd trimester labs (gestational diabetes screen, complete blood count, etc).
24-28 weeks	IP (or VV if you prefer to have a quicker nursing visit for your TDaP vaccine and labs only)	Return obstetric visit	<p>Vital signs, symptom check, review preparation for the 3rd trimester, childbirth and benefits of breastfeeding.</p> <p>You may choose to make this appointment between 27-28 weeks so that you can drop by the lab and complete your 3rd trimester labs (the gestational diabetes screening test takes 1 hour) and also get your TDaP vaccine.</p> <p>Check with your provider to see if you also need Rhogam (depends on your blood type).</p>

*continued* 

Gestational Age	In-person (IP), telephone, or video visit (VV)	Visit Name	What can you expect during the visit?
30-34 weeks	VV	Return obstetric visit	Symptom check, discussion on birth preparation and birth plan.
36-37 weeks	IP or VV	Return obstetric visit	<p>This will most likely need to be an in-person visit, unless you have been scheduled for non-stress tests (NST) at the Antenatal Testing Center (ATC).</p> <p>At this visit, we will check the baby's presentation (head down or breech) with a quick ultrasound.</p> <p>We will also screen you for Group B Streptococcus (GBS).</p> <p>If you are scheduled for antenatal testing, your GBS swab can be collected during your NST visit.</p>
After 38 weeks and every 2 weeks until delivery	IP or VV	Return obstetric visit	Symptom review, delivery preparation, discussion on induction of labor (if needed).
2-3 weeks Postpartum	VV	Postpartum visit	Symptom check-in after your delivery. This is an optional visit and you can decide if you need it.
6-8 weeks Postpartum	IP or VV	Postpartum visit	<p>Vital signs, physical exam and symptoms check.</p> <p>If you would like a physical exam, or need a cervical screening pap smear, or want an intrauterine device (IUD) placed, you should plan for an in-person visit.</p>

\*At the Mission Bay site, after your ultrasound, we will check your vitals (blood pressure, weight). We recommend that all our patients get an upper arm digital blood pressure (BP) cuff, and check their blood pressure regularly throughout pregnancy. Most insurances will cover the cost of the BP cuff, so we can provide a prescription. If your insurance does not cover a cuff, please let us know. Speak to your Obstetric Provider about: how often you should check your blood pressure, what the range of normal values are, symptoms which are concerning, and when to call us.