

Acog guidelines for perinatal care

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ACOG Guidelines for Perinatal Care: A Comprehensive Guide**

What is the ACOG?

ACOG stands for the American College of Obstetricians and Gynecologists, a professional organization dedicated to the health of women and their pregnancies.

Prenatal vs. Perinatal Care

- **Prenatal care:** Medical care provided to pregnant women before childbirth
- **Perinatal care:** Medical care provided to mothers and newborns during pregnancy, labor, and the first few weeks after birth

How to Cite the ACOG Guidelines for Perinatal Care, 8th Edition

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ACOG Recommendations for Prenatal Care

Number of Prenatal Visits:

- **Low-risk pregnancies:** 10-12 visits
- **High-risk pregnancies:** More frequent visits as needed

ACOG Recommendations Between Pregnancies

- Recommendation for time between pregnancies: 18-23 months

ACOG Recommendations for Prenatal Screening

- Routine prenatal screening tests include:
 - Blood tests for anemia, infections, and other conditions
 - Ultrasound to assess fetal growth and anatomy

ACOG Recommendations for Antenatal Exercise

- Regular exercise is safe and beneficial during pregnancy
- Recommendations for moderate-intensity exercise: 150 minutes per week

Other ACOG Guidelines

- Age of viability: 24 weeks of gestation
- Fetal kick count: Regular monitoring to assess fetal well-being
- Folic acid intake: 400-800 mcg/day before and during pregnancy
- Fetal monitoring: Continuous or intermittent monitoring during labor as needed
- Vaccination in pregnancy: Recommended vaccines include influenza, Tdap, and COVID-19

Current Guidelines for Good Prenatal Care

- Regular prenatal visits with a healthcare provider
- Healthy diet and lifestyle
- Avoidance of alcohol, nicotine, and illegal drugs
- Prenatal screening tests as recommended

- Regular exercise within safe limits
- Adequate sleep and stress management

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