

# Staying Healthy: Preventive Services Recommendations for Maternal Health

**Use these recommendations as a guide.** When you know about preventive services—and when to have them—you’re helping yourself to stay healthy and give your baby a healthy start.

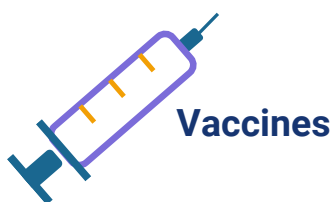
Preventive services can include:

- ▶ **Check-ups**
- ▶ **Screenings**
- ▶ **Lab tests**
- ▶ **Vaccines**
- ▶ **Medicines**
- ▶ **Counseling**
- ▶ **Exams**

These recommendations are specific to maternal health. Talk with your doctor or other healthcare professional about any additional preventive services you may need to protect both you and your baby.



**This brochure is divided into two sections:**




**Health Screenings and  
Other Preventive Services**



## Vaccines

### Before Pregnancy


Some vaccines may be harmful if given during pregnancy. If you're not protected from MMR or chickenpox, talk with your doctor so you can be up to date before you get pregnant.<sup>1-3</sup>

Vaccine	Timing	For Your Information 
<b>Chickenpox</b> <sup>1,2</sup> Varicella	At least 1 month or more before pregnancy, unless you're already protected	This vaccine should not be given during pregnancy.
<b>MMR</b> <sup>1,2</sup> Measles, mumps, rubella	At least 1 month or more before pregnancy, unless you're already protected	This vaccine should not be given during pregnancy.

### During Pregnancy

The COVID-19, flu, RSV, and Tdap vaccines are safe for pregnant people and their babies. When you get these vaccines while pregnant, you pass antibodies to your baby which helps protect them from these diseases during their first few months of life.<sup>2,4</sup>



Vaccine	Timing	For Your Information 
<b>COVID-19</b> <sup>1,2,4</sup>	If pregnant and not up to date	Getting COVID-19 during pregnancy can lead to problems for both you and your baby. You can get a COVID-19 vaccine any time during your pregnancy.
<b>Influenza/Flu</b> <sup>1,2,4</sup>	If pregnant during flu season	Getting sick with the flu can be harmful when you're pregnant. It's best to get the flu shot in September or October. You can also get it in July or August if you'll be in your third trimester during those months.
<b>RSV</b> <sup>1,2,4</sup> Respiratory syncytial virus	During weeks 32 through 36 of pregnancy from September to January	Babies can become very ill from RSV. Getting the RSV vaccine when you're pregnant can help protect your baby against RSV.
<b>Tdap</b> <sup>1,2,4</sup> Tetanus, diphtheria, pertussis	In the early part of weeks 27 through 36 of pregnancy is preferred	Tdap protects against pertussis (whooping cough), which can be very harmful for your baby. This vaccine should be given each time you're pregnant.




## Vaccines (Continued)

### After Childbirth

If you didn't receive certain vaccines before or during pregnancy, it's especially important to get them after you give birth to protect yourself from getting sick.




Vaccine	Timing	For Your Information 
<b>Chickenpox</b> <sup>1,2</sup> Varicella	After pregnancy	If you're not protected from chickenpox and didn't get the vaccine before pregnancy, it's recommended you get vaccinated shortly after your baby is born.
<b>HPV</b> <sup>1,2</sup> Human papillomavirus	After pregnancy	The HPV vaccine is not recommended until after pregnancy.
<b>MMR</b> <sup>1,2</sup> Measles, mumps, rubella	After pregnancy	If you're not protected from MMR and didn't get the vaccine before pregnancy, it's recommended you get vaccinated shortly after your baby is born.

### Other Vaccines

You may also need other vaccines if you didn't get them when you were younger, have certain health conditions, work in a lab, or travel to countries where you may be exposed to diseases that can be prevented with a vaccine.




Vaccine	For Your Information 
<b>Hepatitis A</b> <sup>1,2</sup>	Your doctor may recommend a Hepatitis A vaccine if you're at risk of infection or serious illness from infection during pregnancy.
<b>Hepatitis B</b> <sup>1,2,5</sup>	If you haven't had the Hepatitis B vaccine, talk with your doctor about getting tested for the infection and if a vaccine is right for you. If you have Hepatitis B, your baby is at high risk of becoming infected during delivery.
<b>Meningococcal ACWY</b> <sup>1,2</sup>	This vaccine can be given during pregnancy if you're at risk of MenACWY.
<b>Meningococcal B</b> <sup>1,2,6</sup>	The meningococcal B vaccine should be delayed until after pregnancy unless you're at increased risk of infection. Talk with your doctor about the risks and benefits of getting vaccinated.
<b>Vaccines for Travel</b> <sup>5</sup>	If you're planning international travel when pregnant, talk with your doctor 4 to 6 weeks before you're scheduled to leave. Ask about any vaccines you may need and things you can do to travel safely.





## Health Screenings and Other Preventive Services


Health screenings and other preventive services can help find health problems early when they're often most treatable.

Service	Who	Timing	For Your Information 
<b>Aspirin Use to Prevent Preeclampsia<sup>7</sup></b>	Pregnant women at high risk for preeclampsia	After 12 weeks of pregnancy	Preeclampsia is high blood pressure that develops during pregnancy. If you're at high risk of preeclampsia, your doctor may prescribe low-dose aspirin to help lower your risk.
<b>Bacteria in the Urine Screening<sup>8,9</sup></b>	Pregnant women of any age with no signs or symptoms of a urinary tract infection (UTI)	During the first prenatal visit or at 12 to 16 weeks of pregnancy, whichever is earlier	It's possible to have bacteria in your urine and no pain or other symptoms. If not treated, this can lead to a UTI which may get worse and become a kidney infection.
<b>Blood Pressure Measurements in Pregnancy<sup>10,11</sup></b>	All pregnant women who aren't diagnosed with high blood pressure	Blood pressure measurements at every prenatal care visit throughout pregnancy	High blood pressure is common during pregnancy. It can cause serious problems for both you and your baby. If you develop high blood pressure during pregnancy, you'll need to be closely watched. It's important to treat high blood pressure before, during, and after pregnancy.
<b>Breastfeeding Support<sup>12</sup></b>	Pregnant women, new mothers, and their children	During pregnancy and continuing after childbirth	Talk with your doctor about breastfeeding support to help you be successful.
<b>Daily Folic Acid Supplement<sup>13,14</sup></b>	All women who plan to or who could become pregnant	Begin 1 month before getting pregnant and continue through the first 2 to 3 months of pregnancy	Taking a daily folic acid supplement can help prevent serious problems with your baby's brain and spine.





## Health Screenings and Other Preventive Services (Continued)

Service	Who	Timing	For Your Information 
<b>Gestational Diabetes Testing</b> <sup>15,16</sup>	Pregnant women who haven't been diagnosed with type 1 or type 2 diabetes	One time blood glucose (sugar) test at or after 24 weeks of pregnancy	Gestational diabetes is a type of diabetes that can develop during pregnancy, which can lead to health problems for you and your baby. It can also increase the risk of having a large baby that may need to be delivered by C-section.
<b>Healthy Weight Gain in Pregnancy Counseling</b> <sup>17</sup>	Pregnant teens and adults	Start at the end of the first trimester or beginning of the second trimester	Pregnant women should be offered or referred to counseling to help support healthy weight gain during pregnancy. This can also help lower your risk of problems linked with gaining too much weight.
<b>Hepatitis B Screening</b> <sup>18</sup>	Pregnant women	During first prenatal visit	Hepatitis B screening should be done each time you're pregnant. Even if you've had the vaccine or negative test results in the past. If you're at high risk of Hepatitis B, you may need to be screened again at the time of delivery.
<b>HIV Testing</b> <sup>19</sup>	Teens and adults ages 15 to 65 years; all pregnant women	As determined by doctor	You may need to repeat HIV screening during your third trimester, especially if you're at higher risk of infection.
<b>Maternal Depression Counseling</b> <sup>20</sup>	Pregnant and postpartum women at risk of depression	As determined by doctor	Depression that occurs during or after pregnancy is common. Those who are at higher risk should be offered counseling. If you're pregnant or recently had a baby and feel depressed, let your doctor know.
<b>Rh Factor Blood Testing</b> <sup>21,22</sup>	All pregnant women	During first prenatal visit	Everyone's blood type has a positive or negative factor, called Rh factor. Your Rh factor doesn't harm your health. It only becomes an issue during pregnancy if you're Rh-negative and your baby is Rh-positive. This is called Rh(D) incompatibility. Testing and treating this early in pregnancy can prevent problems that may occur.
<b>Syphilis Testing in Pregnancy</b> <sup>23</sup>	All pregnant women	As early as possible in pregnancy	All pregnant women are at risk of syphilis and should be screened early in pregnancy. Those who don't receive prenatal care should be screened at the time of delivery. If not treated, syphilis can infect the baby.

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