

ANTENATAL TESTING GUIDELINES and FLOWSHEET

INDICATION	START	NST ¹	AFI/MVP	Doppler ²	BPP ³	Deliver
[] Preeclampsia (mild)	at diagnosis	2x/wk	1x/wk	-	-	> 37 wks
[] CHTN – no meds	36 wks	1x/wk	1x/wk	-	-	> 39 wks
[] CHTN – controlled on meds	36 wks	1x/wk	1x/wk	-	-	> 39 wks
[] CHTN – difficult control	36 wks	2x/wk	1x/wk	-	-	> 37 wks
[] Gest HTN	36 wks	1x/wk	1x/wk	-	-	> 37 wks
[] IUGR ⁷	at diagnosis	2x/wk	1x/wk	1x/wk	1x/wk	38-39 wks
[] Post Dates	41 wks	2x/wk	1x/wk	-	-	41-42 wks
[] Suboptimally dated	39 wks	2x/wk	1x/wk	-	-	41-42 wks
[] BMI > 40 kg/m ²	no testing needed			-	-	41-42 wks
[] GDMA1 diet only	no testing needed					40-41 wks
[] DM/GDMA2 good control ⁸	32 wks	2x/wk	1x/wk	-	-	> 39 wks
[] DM/GDMA2 poor control ⁸	32 wks	2x/wk	1x/wk	-	-	> 38 wks
[] Discordant Twins	at diagnosis	2x/wk	MVP ⁴	if IUGR→1x/wk	if IUGR→1x/wk	37-38 wks
[] MC/DA Twins	prn	2x/wk	MVP	-	-	37-38 wks
[] DC/DA Twins	prn	1x/wk	MVP	-	-	38-39 wks
[] H/O IUFD	32 wks	1x/wk	1x/wk	-	-	> 39 wks
[] Oligo ^{5,7}	at diagnosis	1x/wk	repeat 24 hrs	-	-	36-37 6/7
[] Polyhydramnios ^{6,7}	at diagnosis	1x/wk	1x/wk	-	-	as indicated
[] Cholestasis, mild	32 wks	1x/wk	1x/wk	-	1x/wk	> 39 wks
[] Cholestasis, severe	32 wks	1x/wk	1x/wk	-	1x/wk	> 37 wks
[] HIV+	36 wks	1x/wk	1x/wk	-	-	> 38 wks
[] Gastrochisis	32 wks	2x/wk	1x/wk	(if IUGR)	1x/wk	36-37 wks
[] Other (hyperthyroid, Down syndrome, etc.): individualize						

Initiating Provider _____ Date _____

Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____
Date _____	NST _____	AFI/MVP _____	BPP _____	RN/MD/CNM _____

¹ False negative rate of NST = 2.4/1000

² Dopplers only of proven benefit in IUGR

³ False negative rate of BPP = 0.4/1000

⁴ MVP = maximum vertical pocket of AF (should be >2 cm)

⁵ Oligohydramnios (no vertical pocket >2cm)

⁶ Polyhydramnios (any vertical pocket >8 cm)

⁷ Refer to MFM if <32 wks or have any questions

⁸ If good control (adherent and >90% in range with normal FBS(s), then kick counts 32-36 weeks