## Healthy Beginnings Antenatal Program Criteria

<table>
<thead>
<tr>
<th>Condition</th>
<th>PPROM</th>
<th>Preterm Labour</th>
<th>Hypertension</th>
<th>Decreased Placental Function</th>
<th>Multi-fetal Gestation</th>
<th>Cholestasis</th>
<th>Antepartum Hemorrhage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gestation</td>
<td>24 – 37 wks</td>
<td>24 - 34 wks</td>
<td>24 – 40 wks</td>
<td>24-37 wks</td>
<td>24 – 37 wks</td>
<td>Up to 37 wks</td>
<td>24-37 wks</td>
</tr>
</tbody>
</table>

### Criteria for Admission

- **ROM confirmed (US, nitrazine, ferning, pooling)**
- Uterine contractions < 10 min. apart and/or progressive cervical changes
- If short cervix is a concern, length < 2.5 cm
- BP 140/90 - 150/105; on 2 occasions at least 6 hours apart
- Fetal weight 3rd – 10th percentile
- Normal Doppler
- AFI > 3 cm
- BPP 8/8
- Confirmed by U/S
- S/S of:
  - PTL
  - Hypertension and/or
  - Decreased placental function
- Elevated serum bile acids
- Pruritis
- APH:
  - Less than 3 bleeding episodes
  - Bleeding has resolved for 48 hrs
  - Inpatient for 48 hrs
- Previa:
  - Complete previa or placenta <2cm from cervical os
  - Access to telephone and transportation at ALL times

### Limits

- Absence of:
  - active labour
  - uterine tenderness
  - active bleeding
  - foul smelling vaginal discharge
- AFI > 3 cm
- Cephalic presentation
- Maximum cervical dilation: 3 cm
- Absence of chorioamnionitis
- No vaginal bleeding
- Absence of S/S of severe GH and/or HELLP
- Blood work:
  - ALT < 40 u/L
  - LDH < 200 u/L
  - Platelets > 100,000/mm
  - Serum creatinine < 100 mmol/L
  - Proteinuria ≤ 2+/100 mg/dL
- Not < 3rd percentile
- No absent end-diastolic cord artery Doppler flow ≤ 4 contractions per hour
- No vaginal bleeding
- Meets criteria of other condition(s)
- Membranes intact
- Special situations:
  - Require perinatology referral
  - Twin to twin transfusion @ 24-37 wks
  - DA/MC twins @ 24-37 wks
  - Triplets @ 24-37 wks
- Abnormal BPP/NST
- Abnormal BPP/NST
- Hgb ≤ 104 g/L
- Active vaginal bleeding
- Abnormal BPP/NST
- Abdominal pain
- NST
- Contraction >6 per hour

### Other

- Antibiotics as per protocol
- GBS swabs sent
- Reside 30 minutes from nearest hospital able to support GA