Routine Prenatal Care

Guidelines are intended to be flexible. They serve as reference points or recommendations, not rigid criteria. Guidelines should be followed in most cases, but there is an understanding that, depending on the patient, the setting, the circumstances, or other factors, care can and should be tailored to fit individual needs.


Resources for Physicians

American College of Obstetrics and Gynecology
- Professional resources online bookstore

New York State Perinatal Quality Collaborative
An initiative of the New York State Department of Health that aims to provide the best and safest care for women and infants by preventing and minimizing harm through the use of evidence-based practice interventions.

Healthy Baby Network (formerly known as Perinatal Network of Monroe County)
- Information and resources for physicians and their patients.

Resources for Patients

American College of Obstetrics and Gynecology
- Frequently Asked Questions
- Tips for Moms and Moms 2 Be - Free text messages every week to help during pregnancy.

Centers for Disease Control
- Maternal Health

Healthy Baby Network (formerly known as Perinatal Network of Monroe County)
Healthy Babies Roc – Resources for health insurance and support services

Monroe County Health Department
- Women, Infants and Children’s Program (WIC) – The WIC Program is a supplemental food and nutrition education program that serves pregnant, breastfeeding, postpartum women. (To be eligible, the applicant must be a resident of New York State and have a household income of less than 185% of the poverty level.)