

Outpatient Antepartum Guidelines for COVID in Pregnancy



Growth

- Minimum one growth ultrasound per trimester.

Antenatal testing

- Recommend antenatal testing for women who have COVID in pregnancy.
 - Women with diagnosis of COVID (any severity) <28 weeks: recommend starting testing around 36 weeks until delivery.
 - Women with asymptomatic/mild/moderate COVID >28 weeks: recommend starting testing around 36 weeks until delivery.
 - Women with diagnosis of COVID >28 weeks with severe/critical disease (requiring admission to the hospital): recommend starting testing at time of diagnosis through delivery

Delivery timing per standard obstetrical indications if COVID+ and recovered <37 weeks

Delivery timing if COVID+ and ≥37 weeks

- 37+ weeks with Moderate, Severe, Critical COVID disease: Deliver
- 37+ weeks with COVID and comorbidities: Deliver
- 37+ weeks without comorbidities and Asymptomatic or Mild disease: consider delivery from 37-39 weeks.
- 39+ weeks at time of diagnosis: recommend delivery upon diagnosis.

Classification of disease severity — National Institutes of Health

- **Asymptomatic or presymptomatic infection** – Positive test for SARS-CoV-2 but no symptoms
- **Mild illness** – Any signs and symptoms (e.g., fever, cough, sore throat, malaise, headache, muscle pain) without shortness of breath, dyspnea, or abnormal chest imaging.
- **Moderate illness** – Evidence of lower respiratory disease by clinical assessment or imaging and a saturation of oxygen (SaO₂) >95 percent on room air at sea level.
- **Severe illness** – Respiratory frequency >30 breaths per minute, SaO₂ ≤95 percent on room air at sea level, ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO₂/FiO₂) <300, or lung infiltrates >50 percent.
- **Critical illness** – Respiratory failure, septic shock, and/or multiple organ dysfunction.

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