



Maternal PKU Treatment Plan (with Resource Mothers) –Schedule of Assessments Summary

Weeks Gestation Assessment	DI*	DI +1	DI +2	DI +3	DI +4	0†	2 3	4 5	6 7	8 9	10 11	12 13	14 15	16 17	18 19	20 21	22 23	24 25	26 27	28 29	30 31	32 33	34 35	36 37	38 39	40-term	
Metabolic clinic visits	X								X			X				X							X				
Blood phenylalanine	X	X	X	X	X	X	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX	XX
Blood tyrosine	X	X	X	X	X [@]	X		X		X		X		X		X		X		X		X		X			
Nutrient intake	X	X	X	X	X	X		X	X	X		X		X		X		X		X		X		X			
Weight	X	X	X	X	X	X	X	X	X	X	X	X		X		X		X		X		X		X		X	
Plasma amino acids	X								X			X				X							X				
Ferritin	X								X			X				X							X				
Albumin	X								X			X				X							X				
Vitamin B12	X								X			X [§]				X [§]							X [§]				
RBC folate	X								X			X [§]				X [§]							X [§]				
Serum cholesterol	X								X			X [§]				X [§]							X [§]				
Resource Mother visit		X		X		X(3)			X	X	X	X	X	X	X	X	X	X	X			X			X		
Obstetric visits									X			X			X			X		X			X	X	X	X	
Ultrasound examinations									X							X											
Pediatric evaluation																										birth	

* Diet initiation (DI) = first visit when MPKU woman seeks advice regarding treatment

† Perform monthly from 4 weeks after diet is begun until pregnancy (except for blood phenylalanine which is determined weekly)

@Perform weekly until blood tyrosine is >0.8 mg/dl, then monthly

§ if previously abnormal or if medical food intake is inadequate

For women who come to attention already pregnant, the initial metabolic visit occurs within one week. Follow the assessments for “diet initiation” for the first visit and DI +1, +2, +3, and +4 for the four weeks after diet initiation. If the initial visit is at 4-6 weeks, the 6 week assessment is not needed except for the ultrasound. If the initial visit is at >7 weeks, the 12 week visit is not needed and an ultrasound should be performed at the initial visit.