

CJE MATERNITY 2 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How long does the menstrual phase last?**
 - A. Days 1-3
 - B. Days 1-7
 - C. Days 1-5
 - D. Days 1-10
- 2. What symptom is associated with a painless type of bleeding in cases of placenta previa?**
 - A. Dark brown discharge
 - B. Sudden onset of bright-red bleeding
 - C. Cramping abdominal pain
 - D. Abdominal swelling
- 3. Why might a healthcare provider recommend frequent monitoring of blood sugar in pregnant women diagnosed with gestational diabetes?**
 - A. To ensure healthy fetal development
 - B. To prevent maternal weight gain
 - C. To avoid dietary restrictions
 - D. To reduce prenatal visits
- 4. How soon after performing a glucose challenge test is a blood sample drawn?**
 - A. 30 minutes
 - B. One hour
 - C. Two hours
 - D. Three hours
- 5. What is a false statement regarding hysterectomy as a treatment for endometriosis?**
 - A. The surgery removes the ovaries
 - B. It is often recommended as the first-line treatment
 - C. It may be a last resort for pain relief
 - D. It involves the removal of the uterus

- 6. What is the reason for an RH negative mother receiving RhoGAM?**
- A. To promote fetal development
 - B. To prevent hemolytic anemia in the newborn
 - C. To reduce labor pain
 - D. To assist with maternal blood pressure
- 7. True or False: A transvaginal ultrasound may be ordered to diagnose conditions and plan for surgery.**
- A. True
 - B. False
 - C. N/A
 - D. Only for pregnancy
- 8. Endometriosis can affect which of the following?**
- A. Bowel movements or urination
 - B. Infertility
 - C. Nausea during periods
 - D. All of the above
- 9. What type of contractions are Braxton Hicks contractions?**
- A. Painful and rhythmic
 - B. Irritable and regular
 - C. Painless and irregular
 - D. Consistent and prolonged
- 10. What is the result of a mother pushing before being fully dilated?**
- A. The cervix may swell and result in surgical birth
 - B. It has no effect on the labor process
 - C. The baby will be delivered sooner
 - D. The labor will suddenly stop

Answers

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1. B
2. B
3. A
4. B
5. B
6. B
7. A
8. D
9. C
10. A

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Explanations

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1. How long does the menstrual phase last?

- A. Days 1-3
- B. Days 1-7**
- C. Days 1-5
- D. Days 1-10

The menstrual phase of the menstrual cycle typically lasts from the first day of menstrual bleeding to the end of the bleeding. This phase can vary among individuals, but it generally lasts between three to seven days. Choosing the correct duration is important as it corresponds with the average length of menstrual bleeding experienced by many people, making the option indicating that the phase lasts from days 1 to 7 the most accurate representation of the typical menstrual phase duration. While some individuals may experience shorter or longer menstrual phases, the span of days indicated by this option encompasses a common range for menstrual bleeding. Other options may suggest durations that don't align with the average or typical experiences, thus leading to a less accurate representation of the menstrual phase. Understanding this phase's duration is essential for comprehending the menstrual cycle as a whole, especially when studying topics related to reproductive health and fertility.

2. What symptom is associated with a painless type of bleeding in cases of placenta previa?

- A. Dark brown discharge
- B. Sudden onset of bright-red bleeding**
- C. Cramping abdominal pain
- D. Abdominal swelling

In the context of placenta previa, the symptom commonly associated with a painless type of bleeding is the sudden onset of bright-red bleeding. This condition occurs when the placenta partially or completely covers the cervix, often leading to bleeding as the pregnancy progresses and the cervix begins to thin or open. The bleeding is typically bright red, indicating fresh blood, and can occur without accompanying pain, which is a hallmark of placenta previa. Patients may experience this bleeding at any point during the third trimester, and while it can be alarming, it is important to recognize that it may be painless. The other options reflect symptoms or presentations that are not characteristic of painless bleeding in this context. Dark brown discharge typically indicates older blood and is not commonly associated with the fresh, bright-red bleeding seen in cases of placenta previa. Cramping abdominal pain is often related to other complications or conditions, such as placental abruption or labor, rather than the bleeding itself in placenta previa. Similarly, abdominal swelling isn't indicative of the bleeding pattern seen with placenta previa and does not specifically relate to the symptomatology of this condition.

3. Why might a healthcare provider recommend frequent monitoring of blood sugar in pregnant women diagnosed with gestational diabetes?

A. To ensure healthy fetal development

B. To prevent maternal weight gain

C. To avoid dietary restrictions

D. To reduce prenatal visits

Frequent monitoring of blood sugar in pregnant women diagnosed with gestational diabetes is crucial primarily to ensure healthy fetal development. Maintaining optimal blood sugar levels helps to prevent complications that can affect both the mother and the baby. Poorly controlled blood sugar can lead to excessive fetal growth (macrosomia), which increases the risk of delivery complications and may necessitate a cesarean section. Additionally, unmanaged gestational diabetes can lead to other health issues, including the risk of preterm birth and respiratory distress syndrome for the newborn. Monitoring helps healthcare providers adjust treatment methods, including dietary recommendations and insulin therapy, to ensure both the mother and fetus remain healthy throughout the pregnancy. Thus, the focus is on the well-being of both mother and baby, making frequent blood sugar monitoring essential.

4. How soon after performing a glucose challenge test is a blood sample drawn?

A. 30 minutes

B. One hour

C. Two hours

D. Three hours

After performing a glucose challenge test, the blood sample is drawn one hour later. This timing is crucial because the test is designed to assess how well the body processes glucose over a specific period. In the glucose challenge test, the patient consumes a sweet drink containing a certain amount of glucose, and the measurement taken one hour later helps determine how the body responds to that spike in blood sugar. If the blood glucose level is elevated at this one-hour mark, it may indicate a risk for gestational diabetes, prompting further testing or monitoring. The choice of one hour is standard practice for this type of screening, aligning with guidelines set by health organizations to ensure accurate assessment of glucose metabolism during pregnancy.

5. What is a false statement regarding hysterectomy as a treatment for endometriosis?

A. The surgery removes the ovaries

B. It is often recommended as the first-line treatment

C. It may be a last resort for pain relief

D. It involves the removal of the uterus

A false statement regarding hysterectomy as a treatment for endometriosis is that it is often recommended as the first-line treatment. In reality, hysterectomy is typically considered only after other less invasive treatments, such as hormonal therapies and medications, have been tried and have not provided adequate relief. Endometriosis is usually managed initially with medications aimed at controlling symptoms, and surgery may be recommended only if these methods fail. Hysterectomy can relieve symptoms for certain patients, especially when combined with the removal of ovaries, but it is generally regarded as a last resort rather than a first-line option. The other options are accurate in the context of hysterectomy for endometriosis. The surgery does involve the removal of the uterus, and if ovaries are removed during this procedure, it can impact hormone levels. Hysterectomy may also be sought for pain relief when other treatments have proven ineffective, reinforcing that it is not routinely employed as an initial strategy.

6. What is the reason for an RH negative mother receiving RhoGAM?

- A. To promote fetal development
- B. To prevent hemolytic anemia in the newborn**
- C. To reduce labor pain
- D. To assist with maternal blood pressure

An RH negative mother receives RhoGAM primarily to prevent hemolytic anemia in the newborn. This immunoglobulin is administered to prevent the mother's immune system from developing antibodies against Rh positive blood cells, which can occur if the baby inherits the Rh positive factor from the father. If the mother becomes sensitized to these Rh positive cells, her body may attack the red blood cells of the fetus in a subsequent pregnancy, leading to hemolytic disease of the newborn. This condition can result in serious health issues for the baby, including severe anemia, jaundice, or even heart failure. The other options do not describe the main purpose of RhoGAM effectively. Promoting fetal development relates more to overall prenatal care and nutrient support rather than immunological prevention. Reducing labor pain and assisting with maternal blood pressure are unrelated to the role of RhoGAM and focus more on managing labor and delivery rather than preventing immune complications.

7. True or False: A transvaginal ultrasound may be ordered to diagnose conditions and plan for surgery.

- A. True**
- B. False
- C. N/A
- D. Only for pregnancy

A transvaginal ultrasound is indeed a valuable diagnostic tool used in a variety of medical contexts, not just during pregnancy. This imaging procedure allows healthcare providers to obtain detailed images of pelvic organs, including the uterus and ovaries, which can help in diagnosing various conditions such as endometriosis, ovarian cysts, fibroids, and other abnormalities. Additionally, the clear visualization provided by transvaginal ultrasound aids in surgical planning by giving surgeons a better understanding of the anatomical structure and any potential issues that may need to be addressed during the procedure. This imaging method is particularly useful because it allows for closer examination compared to other forms of ultrasound, enhancing diagnostic accuracy. Thus, the statement that a transvaginal ultrasound may be ordered to diagnose conditions and plan for surgery is true.

8. Endometriosis can affect which of the following?

- A. Bowel movements or urination
- B. Infertility
- C. Nausea during periods
- D. All of the above**

Endometriosis is a condition in which tissue similar to the lining of the uterus grows outside the uterus. This abnormal growth can significantly affect various bodily functions and systems due to its potential to invade surrounding organs and tissues. When we consider the impact of endometriosis, it can indeed affect bowel movements and urination. The presence of endometrial-like tissue on or near the bladder or bowel can lead to discomfort, pain, and changes in bowel or bladder habits, especially during menstruation. Infertility is another significant concern associated with endometriosis. Approximately 30-40% of women with the condition may experience fertility issues due to the anatomical changes and hormonal imbalances that occur as a result of the disease. Additionally, nausea during periods is a symptom that women with endometriosis may experience, attributable to hormonal fluctuations as well as associated pelvic pain and cramping. Thus, each of these options highlights a different aspect of how endometriosis can impact health and well-being, leading to the conclusion that all of them are correct and represent the diverse nature of this condition.

9. What type of contractions are Braxton Hicks contractions?

- A. Painful and rhythmic
- B. Irritable and regular
- C. Painless and irregular**
- D. Consistent and prolonged

Braxton Hicks contractions are often referred to as "practice" contractions that occur during pregnancy, typically starting in the second or third trimester. They are characterized as painless and irregular, which means they do not follow a consistent pattern like true labor contractions. These contractions can vary in intensity and timing, which is a differentiating factor from regular contractions associated with labor. The purpose of Braxton Hicks contractions is believed to be preparatory, helping the uterus tone and potentially aiding in the process of cervical dilation as labor nears. They can often be confused with true labor contractions, but their absence of pain and their irregular nature are key characteristics that distinguish them. In contrast, other types of contractions, such as painful and rhythmic or consistent and prolonged contractions, indicate a movement towards actual labor, which is not applicable to Braxton Hicks. Thus, recognizing them as painless and irregular is essential for understanding their role during pregnancy.

10. What is the result of a mother pushing before being fully dilated?

- A. The cervix may swell and result in surgical birth**
- B. It has no effect on the labor process
- C. The baby will be delivered sooner
- D. The labor will suddenly stop

When a mother pushes before being fully dilated, the primary risk is that the cervix may swell. This swelling can impede the labor progress and may lead to complications, ultimately resulting in the need for a surgical birth, such as a cesarean section. The cervix must be fully dilated to allow the baby to safely pass through the birth canal, and premature pushing can lead to swelling or edema that obstructs this process. If the cervix is not adequately dilated, pushing can create additional pressure on the cervix, leading to a failure to progress in labor or increased tension for both the mother and baby. Understanding this, it becomes clear that managing the timing of when to push during labor is critical for ensuring a safe delivery. It is essential for healthcare providers to guide mothers accurately during this phase to avoid complications.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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