

NCLEX ANTEPARTUM AND INTRAPARTUM PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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. What is the primary hormone that stimulates postpartum contractions in a pregnant client?**
 - A. Estrogen
 - B. Progesterone
 - C. Oxytocin
 - D. Prolactin

- 2. What should be the focus of nutritional counseling for a pregnant teenager?**
 - A. Weight loss to avoid complications
 - B. Caloric restriction to manage obesity
 - C. Healthy weight gain and nutrient intake
 - D. Elimination of all sugars from the diet

- 3. Upon admittance to the birthing center, which initial action should the nurse take for a client in early labor?**
 - A. Perform a vaginal exam
 - B. Determine maternal and fetal vital signs
 - C. Initiate an IV line
 - D. Assess the client's pain level

- 4. During the first stage of labor, if the nurse observes an early deceleration of the fetal heart rate, what is the appropriate nursing action?**
 - A. Document the findings and continue monitoring
 - B. Notify the physician immediately
 - C. Initiate emergency delivery protocols
 - D. Administer medication to speed up labor

- 5. How can a nurse reassure a mother concerned about her newborn being infected after taking antibiotics for a UTI?**
 - A. Advise her about the antibiotic's effectiveness
 - B. Assure her that infections are unlikely after treatment
 - C. Explain that monitoring will continue
 - D. Suggest she should avoid breastfeeding

- 6. What indicates an understanding of the physiological process of ovulation cessation during pregnancy?**
- A. Estrogen levels drop after conception.
 - B. High levels of estrogen and progesterone prevent ovulation.
 - C. Progesterone is the only hormone involved.
 - D. Ovulation resumes immediately after delivery.
- 7. A pregnant woman has tested positive for HIV. What indicates that she needs further counseling?**
- A. "Breast-feeding after delivery is best for my baby."
 - B. "I will take my medications to manage my HIV."
 - C. "I can have a safe delivery and protect my baby."
 - D. "Taking HIV medications during pregnancy is crucial."
- 8. Where should the fundus of the uterus be located at 16 weeks' gestation?**
- A. Above the umbilicus
 - B. At the symphysis pubis
 - C. Midway between the symphysis pubis and the umbilicus
 - D. Below the symphysis pubis
- 9. What is one benefit of amniotic fluid during pregnancy?**
- A. Increases maternal weight gain
 - B. Cushions and protects the fetus
 - C. Enhances fetal breathing movements
 - D. Provides nutrients directly to the fetus
- 10. During which trimester is nutrition most critical for fetal development?**
- A. First trimester
 - B. Second trimester
 - C. Third trimester
 - D. All trimesters equally

Answers

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

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Explanations

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1. What is the primary hormone that stimulates postpartum contractions in a pregnant client?

- A. Estrogen
- B. Progesterone
- C. Oxytocin**
- D. Prolactin

Oxytocin is the primary hormone responsible for stimulating postpartum contractions. After delivery, oxytocin is released from the posterior pituitary gland and plays a crucial role in the process of uterine involution, which is the return of the uterus to its pre-pregnancy size. The contractions caused by oxytocin help to reduce the size of the uterus and expel any remaining placental tissue, thereby minimizing the risk of hemorrhage. In addition to its role in uterine contractions, oxytocin also promotes maternal bonding and the release of breast milk during breastfeeding. This makes it a key hormone not only in the immediate postpartum period but also in establishing the mother-infant relationship. While estrogen and progesterone are vital hormones during pregnancy that prepare the body for labor, they do not directly stimulate postpartum contractions. Prolactin is primarily involved in milk production rather than uterine contractions. Thus, oxytocin's specific function in triggering and regulating postpartum contractions establishes it as the primary hormone in this context.

2. What should be the focus of nutritional counseling for a pregnant teenager?

- A. Weight loss to avoid complications
- B. Caloric restriction to manage obesity
- C. Healthy weight gain and nutrient intake**
- D. Elimination of all sugars from the diet

The focus of nutritional counseling for a pregnant teenager should center on healthy weight gain and adequate nutrient intake. During pregnancy, it is essential for teenagers, who are still in developmental stages themselves, to receive proper nutrition that not only supports their own growth but also ensures the healthy development of the fetus. Encouraging healthy weight gain is vital, as both underweight and overweight conditions can lead to complications. A pregnant adolescent is likely to need additional caloric intake to support the increased metabolic demands due to both their own growth and the growth of the baby. Nutrient-rich foods that provide vitamins and minerals—such as leafy greens, whole grains, lean proteins, and dairy—should be emphasized to promote the health of both the mother and child. Focusing on weight loss or caloric restriction can be detrimental during this time as it may lead to inadequate nutrient intake, which could harm fetal growth and development. Additionally, eliminating all sugars is not practical and could lead to unnecessary dietary restrictions; instead, moderation and balance while emphasizing healthy sources of energy and nutrition are far more beneficial.

3. Upon admittance to the birthing center, which initial action should the nurse take for a client in early labor?

- A. Perform a vaginal exam
- B. Determine maternal and fetal vital signs**
- C. Initiate an IV line
- D. Assess the client's pain level

Determining maternal and fetal vital signs is the initial action the nurse should take upon admittance to the birthing center for a client in early labor. This is vital to ensure both the mother and the fetus are stable before proceeding with further assessments or interventions. Evaluating these vital signs includes checking maternal heart rate, blood pressure, and temperature, alongside the fetal heart rate. These assessments help establish a baseline and identify any immediate concerns that may need to be addressed, ensuring the safety and health of both mother and baby during the early stages of labor. While performing a vaginal exam can provide information about cervical dilation and effacement, it is not prioritized above assessing vital signs at the point of admission. Initiating an IV line may become necessary later in the process, especially if medications or hydration are warranted, but it is not the first action. Similarly, assessing the client's pain level is important for managing comfort and care, yet the priority remains on ensuring the physiological stability of both the mother and fetus before delving into more specific assessments.

4. During the first stage of labor, if the nurse observes an early deceleration of the fetal heart rate, what is the appropriate nursing action?

- A. Document the findings and continue monitoring**
- B. Notify the physician immediately
- C. Initiate emergency delivery protocols
- D. Administer medication to speed up labor

Early decelerations of the fetal heart rate are typically benign and are often a result of fetal head compression during contractions. This pattern is usually associated with the normal progression of labor, particularly during the first stage, when the cervix is dilating and the fetus is descending into the birth canal. In this context, the appropriate nursing action is to document the findings and continue monitoring. This choice allows the nurse to keep track of the fetal heart rate trends and the labor progression without overreacting, as early decelerations are expected in many normal labors. Continuous monitoring provides reassurance that the fetus is tolerating labor well as long as the pattern remains consistent with early decelerations and does not progress to more concerning patterns, such as variable or late decelerations, which would require a different intervention. Other choices, such as notifying the physician immediately, would be more appropriate for abnormal fetal heart rate patterns that indicate distress, rather than early decelerations, which are generally not a cause for alarm. Similarly, initiating emergency delivery protocols or administering medications to speed up labor are not warranted responses to early decelerations, as these do not reflect a need for urgent intervention or treatment.

5. How can a nurse reassure a mother concerned about her newborn being infected after taking antibiotics for a UTI?

- A. Advise her about the antibiotic's effectiveness
- B. Assure her that infections are unlikely after treatment
- C. Explain that monitoring will continue**
- D. Suggest she should avoid breastfeeding

To reassure the mother about her newborn's risk of infection following her treatment for a urinary tract infection (UTI) with antibiotics, it's important to emphasize that monitoring will continue. This approach helps the mother feel supported and informed, as ongoing monitoring can provide an additional sense of security regarding her newborn's health. By explaining that healthcare professionals will be vigilant in observing the newborn for any signs of infection or adverse effects, the nurse reinforces the notion that the healthcare team is actively managing and assessing the situation. Continuous monitoring can identify any potential issues early, which is crucial for timely intervention if necessary. This knowledge can significantly alleviate parental anxiety and foster confidence in the care being provided for both the mother and the newborn. While talking about the effectiveness of antibiotics or the unlikelihood of post-treatment infections may provide some reassurance, they do not offer the same concrete and proactive sense of safety that ongoing monitoring does. Suggesting avoidance of breastfeeding would also not be consistent with standard guidance, as breastfeeding is generally encouraged unless there are specific contraindications for the mother or infant.

6. What indicates an understanding of the physiological process of ovulation cessation during pregnancy?

- A. Estrogen levels drop after conception.
- B. High levels of estrogen and progesterone prevent ovulation.**
- C. Progesterone is the only hormone involved.
- D. Ovulation resumes immediately after delivery.

The statement indicating that high levels of estrogen and progesterone prevent ovulation during pregnancy effectively captures a key physiological process. During pregnancy, the body produces higher levels of estrogen and progesterone, primarily from the corpus luteum initially and later the placenta. These hormones work together to create an environment that is conducive to the maintenance of pregnancy and inhibit the release of gonadotropin-releasing hormone (GnRH) from the hypothalamus. This suppression results in the cessation of ovulation, as GnRH is essential for signaling the pituitary gland to secrete luteinizing hormone (LH) and follicle-stimulating hormone (FSH), both of which promote the ovarian cycle. The other options do not accurately reflect the physiological changes occurring during pregnancy. For instance, while estrogen levels do change during pregnancy, stating that they drop after conception is misleading, as they actually rise significantly. Progesterone is one of several key hormones involved in maintaining pregnancy; it is not the only one, as estrogen also plays a crucial role. Lastly, ovulation does not resume immediately after delivery; it typically takes some time for the hormonal environment to return to a pre-pregnancy state, influenced by factors such as breastfeeding.

7. A pregnant woman has tested positive for HIV. What indicates that she needs further counseling?

- A. "Breast-feeding after delivery is best for my baby."**
- B. "I will take my medications to manage my HIV."
- C. "I can have a safe delivery and protect my baby."
- D. "Taking HIV medications during pregnancy is crucial."

The statement, "Breast-feeding after delivery is best for my baby," indicates a need for further counseling because it reflects a misunderstanding of the implications of HIV transmission through breast milk. While breastfeeding is often recommended for many mothers for its benefits, it's important for a mother living with HIV to understand that the virus can be transmitted to the infant during breastfeeding. Current guidelines typically recommend that HIV-positive mothers should avoid breastfeeding unless they are on effective antiretroviral therapy and have an undetectable viral load. In contrast, the other statements demonstrate a good understanding of the situation. The commitment to taking medications indicates acknowledgment of the importance of managing the condition, while recognizing the possibility of a safe delivery and protecting the baby shows awareness of the preventive measures that can be taken during labor and delivery to reduce transmission risk. Thus, the correct response highlights a critical area where additional education and counseling are necessary to ensure the mother makes informed health decisions for herself and her baby.

8. Where should the fundus of the uterus be located at 16 weeks' gestation?

- A. Above the umbilicus
- B. At the symphysis pubis
- C. Midway between the symphysis pubis and the umbilicus**
- D. Below the symphysis pubis

At 16 weeks' gestation, the fundus of the uterus is typically located midway between the symphysis pubis and the umbilicus. As the pregnancy progresses, the uterus grows and the fundus rises. At this stage, it is important to have an understanding of the anatomical landmarks to assess fetal growth and uterine development. By 16 weeks, the uterus has expanded significantly from its pre-pregnancy size. It is rising above the pelvic cavity, but it has not yet reached the level of the umbilicus, which is typically at the level of about 20 weeks. The location of the fundus at this time provides an indication that the pregnancy is developing adequately and helps health care providers monitor the growth of the fetus and the changes in the mother's body. Recognizing the expected location of the fundus can aid in identifying any potential complications or deviations from normal growth patterns.

9. What is one benefit of amniotic fluid during pregnancy?

- A. Increases maternal weight gain
- B. Cushions and protects the fetus**
- C. Enhances fetal breathing movements
- D. Provides nutrients directly to the fetus

Amniotic fluid plays a critical role in supporting fetal development during pregnancy, and one of its primary benefits is that it cushions and protects the fetus. This fluid-filled sac acts as a shock absorber, helping to safeguard the developing baby from trauma, pressure, and jarring movements that may occur externally. It ensures a stable environment, allowing for unrestricted movement, which is essential for musculoskeletal development. While other options present characteristics related to pregnancy, they lack the direct protective function that amniotic fluid provides. For instance, although maternal weight gain may be a desirable outcome of pregnancy, it is not a direct function of amniotic fluid. Enhanced fetal breathing movements are significant for lung development, but they are primarily related to the presence of amniotic fluid rather than a direct effect on its own. Nutrients are not delivered through amniotic fluid; instead, they are supplied through the placenta and umbilical cord, which are vital for fetal nourishment. Thus, the cushioning and protective function is the hallmark benefit of amniotic fluid during pregnancy.

10. During which trimester is nutrition most critical for fetal development?

- A. First trimester**
- B. Second trimester
- C. Third trimester
- D. All trimesters equally

The first trimester is the most critical period for fetal development due to rapid cell division and differentiation that occurs during this time. This trimester is when the foundational structures of the fetus, including the major organs and systems, begin to form. Adequate nutrition in the first trimester is vital for the proper development of the neural tube, heart, and other essential organs. The embryo is particularly vulnerable to nutritional deficiencies and teratogenic substances during this early stage, which can lead to congenital anomalies. During the first trimester, the need for folic acid is significant, as it plays a crucial role in preventing neural tube defects. Additionally, sufficient intake of other nutrients, such as iron, calcium, and protein, supports overall fetal growth and development. Although nutrition remains important throughout the second and third trimesters, the foundation for healthy fetal development is established during the first trimester, making this period uniquely critical for maternal nutrition.

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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