

UWorld Maternity Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 a common sign that should prompt further evaluation in a client at 15 weeks gestation?**
 - A. Normal weight gain and healthy vital signs**
 - B. Headaches that resolve with acetaminophen**
 - C. Increased vomiting or nausea**
 - D. Unexplained bleeding during dental care**

- 2. Which factor is considered a risk for developing gestational diabetes?**
 - A. Smoking during pregnancy**
 - B. Maternal obesity prior to pregnancy**
 - C. Low vitamin D levels**
 - D. Advanced maternal age**

- 3. What is the priority action for a nurse assessing a post-cesarean section client with a heart rate of 110/min and anxiety?**
 - A. Assess for lower extremity warmth and redness**
 - B. Instruct the client in relaxation breathing techniques**
 - C. Obtain oxygen saturation reading by pulse oximeter**
 - D. Offer the client prescribed PRN pain medication**

- 4. Which response is appropriate regarding dealing with urinary changes in pregnancy?**
 - A. "Consider decreasing fluid intake to reduce frequency."**
 - B. "Wiping front to back after urination is recommended."**
 - C. "Frequent urination is abnormal; seek medical advice."**
 - D. "Avoid caffeine as it increases urinary frequency."**

- 5. What is the proper term for the baby's presentation where the head is down?**
 - A. Breech presentation**
 - B. Transverse presentation**
 - C. Vertex presentation**
 - D. Cephalic presentation**

- 6. Which of the following lab findings would most likely warrant further investigation for a pregnant client?**
- A. Normal glucose levels**
 - B. Increased white blood cell count**
 - C. Elevated hemoglobin levels**
 - D. Stable liver function tests**
- 7. What significant guideline should a nurse follow when caring for a pregnant client who is taking antiretroviral therapy?**
- A. Delay therapy during the first trimester of pregnancy**
 - B. Continue therapy as running concurrent risk to fetal development**
 - C. Modify therapy based on fetal heart rate monitoring**
 - D. Discontinue therapy if the mother's symptoms improve**
- 8. Which of the following is a sign that labor may be imminent?**
- A. The cessation of all pregnancy symptoms**
 - B. Experience of frequent Braxton Hicks contractions**
 - C. Rupture of membranes or "water breaking"**
 - D. Increased appetite and energy levels**
- 9. Which test screens for fetal down syndrome during the first trimester?**
- A. Triple screen test**
 - B. First-trimester screening (nuchal translucency)**
 - C. Quad screen test**
 - D. Expanded carrier screening**
- 10. What is the primary risk of consuming alcohol during pregnancy?**
- A. Neonatal infection**
 - B. Fetal Alcohol Spectrum Disorders (FASDs)**
 - C. Chromosomal abnormalities**
 - D. Low birth weight**

Answers

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

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Explanations

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1. What is a common sign that should prompt further evaluation in a client at 15 weeks gestation?

- A. Normal weight gain and healthy vital signs**
- B. Headaches that resolve with acetaminophen**
- C. Increased vomiting or nausea**
- D. Unexplained bleeding during dental care**

Unexplained bleeding during dental care is a common sign that warrants further evaluation in a client at 15 weeks gestation. During pregnancy, any signs of bleeding can be particularly concerning, as they may indicate complications such as placental issues or preterm labor. Dental care can sometimes provoke bleeding due to hormonal changes that increase vascularity in the gums, but unexplained bleeding should always be assessed to rule out any serious underlying conditions. In contrast, normal weight gain and healthy vital signs do not typically signal a need for further concern. This indicates that the pregnancy is progressing well, and therefore, no additional evaluation is necessary in this instance. Similarly, headaches that resolve with acetaminophen are often considered a common discomfort in pregnancy and may not be a sign of a serious issue, particularly if they are relieved with medication. Increased vomiting or nausea can be common in the first and early second trimesters of pregnancy; however, if this becomes excessive or significantly increases, it may need further assessment, but it is not as immediate a concern as unexplained bleeding. Thus, any instance of unexplained bleeding should always lead to prompt medical evaluation.

2. Which factor is considered a risk for developing gestational diabetes?

- A. Smoking during pregnancy**
- B. Maternal obesity prior to pregnancy**
- C. Low vitamin D levels**
- D. Advanced maternal age**

Maternal obesity prior to pregnancy is a significant risk factor for developing gestational diabetes. Obesity can lead to insulin resistance, which impairs the body's ability to properly use insulin and maintain normal blood glucose levels. During pregnancy, hormonal changes further increase insulin resistance, making women with pre-existing obesity more susceptible to elevated blood sugar levels that characterize gestational diabetes. While smoking, low vitamin D levels, and advanced maternal age can also be related to various pregnancy complications, they are not as directly associated with gestational diabetes as maternal obesity is. In particular, maternal obesity has been extensively studied and established as a primary risk factor for this condition, underlining the importance of maintaining a healthy weight before pregnancy to reduce the risk of gestational diabetes.

- 3. What is the priority action for a nurse assessing a post-cesarean section client with a heart rate of 110/min and anxiety?**
- A. Assess for lower extremity warmth and redness**
 - B. Instruct the client in relaxation breathing techniques**
 - C. Obtain oxygen saturation reading by pulse oximeter**
 - D. Offer the client prescribed PRN pain medication**

Monitoring the oxygen saturation using a pulse oximeter is the most appropriate priority action in this scenario. A heart rate of 110 beats per minute can indicate tachycardia, which may be a sign of anxiety, pain, or even a potential complication such as hypoxia or hemorrhage following surgery. Given the context of a post-cesarean section, the nurse must ensure that the client is adequately oxygenated, as any compromise in oxygen saturation can lead to more severe complications. While assessing for lower extremity warmth and redness is important in evaluating for deep vein thrombosis, it is not as immediately urgent as ensuring the client is receiving enough oxygen. Instructing the client in relaxation breathing techniques can help manage anxiety, but it does not address the potential underlying issue related to oxygenation. Offering prescribed pain medication may be necessary if pain is contributing to anxiety, but it is essential to first confirm that the client's respiratory status is stable. Thus, obtaining an oxygen saturation reading helps prioritize the client's safety and well-being by ensuring that they are breathing adequately after surgery.

- 4. Which response is appropriate regarding dealing with urinary changes in pregnancy?**
- A. "Consider decreasing fluid intake to reduce frequency."**
 - B. "Wiping front to back after urination is recommended."**
 - C. "Frequent urination is abnormal; seek medical advice."**
 - D. "Avoid caffeine as it increases urinary frequency."**

Wiping front to back after urination is recommended because this practice helps to prevent urinary tract infections (UTIs), which are more common during pregnancy due to hormonal changes and anatomical shifts. Maintaining proper hygiene by wiping from front to back minimizes the risk of introducing bacteria from the anal area into the urethra, thereby protecting both maternal and fetal health. The other options do not align with standard recommendations for managing urinary changes during pregnancy; they either discourage healthy habits or misunderstand typical physiological changes. Frequent urination is a common and normal symptom during pregnancy, often due to the pressure exerted by the growing uterus on the bladder, and does not require medical intervention unless accompanied by other concerning symptoms. Reducing fluid intake is not advisable, as staying well-hydrated is vital for overall health during this time. While it is true that caffeine can act as a diuretic, the recommendation regarding its avoidance is more nuanced and should be made in consultation with a healthcare provider regarding overall caffeine intake.

5. What is the proper term for the baby's presentation where the head is down?

- A. Breech presentation**
- B. Transverse presentation**
- C. Vertex presentation**
- D. Cephalic presentation**

The correct term for the baby's presentation where the head is down is known as the vertex presentation. This term specifically describes the position of the fetus when the head (the vertex) is positioned closest to the birth canal, allowing for the most straightforward path for delivery during labor. In this position, the baby's head is flexed forward, which is ideal for a safe and effective delivery. While cephalic presentation is often used interchangeably with vertex presentation, cephalic specifically refers to any head-down position. Vertex presentation, however, is more precise, indicating that the presenting part is indeed the top of the head, rather than just being in a head-down orientation. Breech presentation refers to any situation where the baby's buttocks or feet are positioned to come out first, while transverse presentation indicates that the baby is lying sideways in the uterus. These positions can complicate labor and delivery, making recognition of the optimal vertex presentation critical in maternity care.

6. Which of the following lab findings would most likely warrant further investigation for a pregnant client?

- A. Normal glucose levels**
- B. Increased white blood cell count**
- C. Elevated hemoglobin levels**
- D. Stable liver function tests**

An increased white blood cell count in a pregnant client could indicate an underlying issue that warrants further investigation. During pregnancy, it is common for white blood cell counts to rise slightly as part of the body's natural adaptation to support both the mother and the developing fetus. However, significantly elevated levels, particularly those far above the normal range, may signal an infection, inflammation, or other medical conditions such as preeclampsia or leukemias. In contrast, normal glucose levels suggest that there is no immediate concern regarding the mother's glucose metabolism, therefore, no further investigation is typically warranted in that area. Stable liver function tests indicate that there is no sign of liver disease or dysfunction, which minimizes concern for complications related to hepatobiliary issues. Elevated hemoglobin levels, while sometimes indicative of potential issues such as dehydration or a condition called polycythemia, do not usually pose an immediate threat warranting extensive investigation unless they are significantly outside the normal range or present with symptoms. Thus, the increase in white blood cells stands out as a finding that should prompt additional assessment to ensure maternal and fetal well-being.

7. What significant guideline should a nurse follow when caring for a pregnant client who is taking antiretroviral therapy?

- A. Delay therapy during the first trimester of pregnancy**
- B. Continue therapy as running concurrent risk to fetal development**
- C. Modify therapy based on fetal heart rate monitoring**
- D. Discontinue therapy if the mother's symptoms improve**

Continuing antiretroviral therapy during pregnancy is vital to ensure the health of both the mother and the developing fetus. Antiretroviral medications are crucial in managing HIV infection and reducing the viral load to an undetectable level, thereby significantly decreasing the risk of mother-to-child transmission of the virus during pregnancy, labor, and breastfeeding. When the mother maintains effective treatment, the chances of transmitting HIV to the baby drop dramatically, and the overall health outcomes improve for both mother and child. Discontinuing or delaying therapy can increase the risk of maternal HIV progression, which may lead to adverse health effects for the mother and a higher risk of transmission to the fetus. Modification of therapy is not typically based solely on fetal heart rate monitoring but rather requires careful assessment of the overall clinical scenario, including viral load and any potential drug interactions. Therefore, the guideline to continue therapy is essential for ensuring the safety and health of both the pregnant patient and the fetus.

8. Which of the following is a sign that labor may be imminent?

- A. The cessation of all pregnancy symptoms**
- B. Experience of frequent Braxton Hicks contractions**
- C. Rupture of membranes or "water breaking"**
- D. Increased appetite and energy levels**

The rupture of membranes, often referred to as "water breaking," is a clear and definitive sign that labor may be imminent. When the amniotic sac surrounding the fetus breaks, it can lead to the release of amniotic fluid. This event indicates that the body is preparing for labor, as it is often one of the first signs that labor is nearing, especially if the woman is at term. In most cases, once the membranes rupture, labor typically follows within a short period, prompting a need for the pregnant person to head to the hospital or birthing center for delivery. Other signs, such as Braxton Hicks contractions, though they may occur frequently, do not indicate that labor is imminent; rather, they are practice contractions that help prepare the uterus. Cessation of pregnancy symptoms or experiencing an increased appetite and energy levels are not reliable indicators of labor approaching. These symptoms can arise for various reasons during pregnancy but do not signify an imminent labor scenario. Thus, the rupture of membranes stands out as the most critical and telling sign.

9. Which test screens for fetal down syndrome during the first trimester?

A. Triple screen test

B. First-trimester screening (nuchal translucency)

C. Quad screen test

D. Expanded carrier screening

The first-trimester screening, specifically the nuchal translucency measurement, is the test that screens for fetal Down syndrome during the early stages of pregnancy. This assessment is typically performed between 11 and 14 weeks of gestation and involves an ultrasound to measure the thickness of the nuchal fold at the back of the fetal neck. An increased nuchal translucency can indicate a higher risk of Down syndrome and other chromosomal abnormalities. This test is often combined with maternal serum markers such as free beta-human chorionic gonadotropin (beta-hCG) and pregnancy-associated plasma protein A (PAPP-A) to improve the accuracy of the screening results. It's significant because early detection allows for more informed decision-making and additional testing, if necessary. In contrast, the triple screen and quad screen tests are performed in the second trimester (usually between 15 and 20 weeks of gestation) and evaluate different markers for assessing the risk of Down syndrome, but they do not occur in the first trimester. The expanded carrier screening is a genetic test aimed at identifying carriers of specific genetic conditions, and while it's an important part of prenatal care in some cases, it does not specifically screen for Down syndrome.

10. What is the primary risk of consuming alcohol during pregnancy?

A. Neonatal infection

B. Fetal Alcohol Spectrum Disorders (FASDs)

C. Chromosomal abnormalities

D. Low birth weight

The primary risk of consuming alcohol during pregnancy is the development of Fetal Alcohol Spectrum Disorders (FASDs). FASDs represent a range of physical, behavioral, and learning problems that can occur in individuals whose mothers drank alcohol during pregnancy. This condition can lead to significant lifelong challenges, including growth deficiencies, facial abnormalities, and neurodevelopmental issues, all of which can profoundly impact the child's quality of life. Alcohol can interfere with the normal development of the fetus, particularly during critical periods of development early in pregnancy when organs and systems are forming. The severity of FASDs can vary, but the key point is that there is no known safe level of alcohol consumption during pregnancy, making this a vital area of concern for maternal and fetal health. Other options, while they may occur during pregnancy or as a result of various factors, do not directly stem from alcohol consumption in the same way that FASDs do. For example, neonatal infections and low birth weight can have multiple contributing factors and are not specific to alcohol use, while chromosomal abnormalities typically arise from genetic factors rather than environmental ones like alcohol exposure.

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:

<https://uworldmaternity.examzify.com>

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

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