



# Pregnancy Roadmap

## Orange County Service Area

### Congratulations on your pregnancy!

As you prepare for your baby's arrival, we at Kaiser Permanente Orange County look forward to taking this journey with you. Pregnancy is an exciting time that will bring about a new life, and we're here to help you and your baby thrive every step of the way. We recognize that each pregnancy and birth experience is unique. Based on your health needs and birthing preferences, we'll provide you with high-quality, evidence-based care from a team of providers with a range of specialty training. In fact, Kaiser Permanente Orange County received the Women's Choice Award for Best Hospitals for Patient Experience in Obstetrics ([www.womenschoiceaward.com](http://www.womenschoiceaward.com)) for over a decade, so you can feel confident about your choice. This booklet will guide you through your pregnancy at Kaiser Permanente Orange County as we work with you to provide your family with the best care experience possible.

To learn more, visit [kpwomenshealth.org](http://kpwomenshealth.org) or [kp.org/pregnancy](http://kp.org/pregnancy)

Wishing you the best on your journey,  
Your OB/GYN Team



Gestational Age	Visit Content	Labs/Imaging*	QR Code Resources	Recommended Prenatal Education Programs
1st Trimester	<p>Before your 1st office visit/7 weeks</p> <p>Complete Prenatal Intake Telephone Visit with RN.</p> <p>Complete Prenatal Questionnaire if active on <a href="http://kp.org">kp.org</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review Prenatal Questionnaire &amp; Prenatal Lab Results</li> <li><input type="checkbox"/> Perform physical exam</li> <li><input type="checkbox"/> Perform office ultrasound</li> <li><input type="checkbox"/> Introduce California Prenatal Screening Program (CPSP) options</li> </ul>	<p>Complete prenatal labs:</p> <ul style="list-style-type: none"> <li>• Blood Tests</li> <li>• Urine Culture</li> </ul> <p>Image during visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Office Ultrasound</li> </ul> <p>Labs that will be done during your visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Gonorrhea/Chlamydia</li> <li><input type="checkbox"/> Pap test, if indicated</li> <li><input type="checkbox"/> Urine dip test</li> </ul> <p>Complete prenatal labs if not completed prior to visit.</p>	<p>Baby Steps 1</p> <p>Healthy Beginnings Issue 1 and Safe Medications During Pregnancy (located on page 6)</p> <p>California Prenatal Screening Program Video</p>	<p>For a detailed information flyer on prenatal and new baby class topics and registration use this QR code.</p> <p>Plan to take the "Have a Healthy Pregnancy" Class as early as possible.</p> <p>Register by calling the Appointment Center at 1-833-574-2273 (1-833-KP4-CARE)</p>
10 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss prenatal genetic testing options</li> <li><input type="checkbox"/> Review any new lab results</li> <li><input type="checkbox"/> Office ultrasound</li> </ul>	<p>Image during visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Office ultrasound</li> </ul> <p>Labs to complete after visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Genetic testing labs, if desired</li> </ul>	<p>Healthy Beginnings Issue 2</p>	

\*Lab results may be posted on [kp.org](http://kp.org) prior to your appointment. These will be reviewed at the next appointment.



	Gestational Age	Visit Content	Labs/Imaging*	QR Code Resources	Recommended Prenatal Education Programs
2nd Trimester	16 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss anatomy ultrasound done in Radiology between 18 to 20 weeks</li> </ul>	<p>Labs to complete after visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Genetic testing labs, if desired</li> </ul> <p>Imaging after visit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Schedule anatomy ultrasound in Radiology Department at 714-223-3028</li> </ul>	<p>Healthy Beginnings Issue 3</p>	<p>Virtual and in-person classes are available. <b>Register early in the 2nd trimester and try to finish class 4 to 6 weeks before you are due.</b></p> <p>Register by calling the Appointment Center at 1-833-574-2273 (1-833-KP4-CARE)</p>
	18-20 weeks	Anatomy ultrasound in Radiology or level 2 ultrasound with OB/GYN, if indicated.			<p>Attend in any order:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Prepared Childbirth</li> <li><input type="checkbox"/> Preparation for Cesarean Birth, if you are having a scheduled cesarean birth</li> <li><input type="checkbox"/> Breastfeeding with Success</li> <li><input type="checkbox"/> Baby Care Basics</li> <li><input type="checkbox"/> Infant Safety &amp; CPR</li> <li><input type="checkbox"/> Boot Camp for New Dads</li> <li><input type="checkbox"/> Boot Camp for New Moms</li> <li><input type="checkbox"/> AAA Child Passenger Safety</li> <li><input type="checkbox"/> In Person Maternity Tour Education Services</li> </ul>
	21 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review anatomy ultrasound results</li> <li><input type="checkbox"/> Review genetic testing results, if done</li> <li><input type="checkbox"/> Review signs/symptoms of preterm labor</li> </ul>		<p>Baby Steps 2</p> <p>Healthy Beginnings Issue 4</p>	<p>Take a Virtual Maternity Tour</p>

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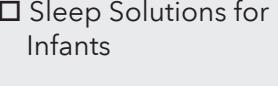
	Gestational Age	Visit Content	Labs/Imaging*	QR Code Resources	Recommended Prenatal Education Programs
3rd Trimester	27-28 weeks	<input type="checkbox"/> Discuss Rhogam, if needed <input type="checkbox"/> Discuss kick counts, preterm labor, and pre-eclampsia <input type="checkbox"/> TDAP vaccination <input type="checkbox"/> Discuss breastfeeding	3rd Trimester labs to complete: <input type="checkbox"/> Gestational Diabetes Testing - Instructions will be provided at visit <input type="checkbox"/> Anemia Screening <input type="checkbox"/> Syphilis Screening	Healthy Beginnings Issue 5 	Virtual and in-person classes are available. <b>Register early in the 2nd trimester and try to finish class 4 to 6 weeks before you are due.</b> Register by calling the Appointment Center at 1-833-574-2273 (1-833-KP4-CARE)
	32 weeks	<input type="checkbox"/> Review 3rd trimester lab results <input type="checkbox"/> Discuss Maternity Leave <input type="checkbox"/> Review birth control options for after birth <input type="checkbox"/> Consents for permanent sterilization, if desired <input type="checkbox"/> TDAP vaccination, if not done at last visit	<input type="checkbox"/> Watch Breastfeeding education video - instruction will be provided at visit	Healthy Beginnings Issue 6  Maternity Leave Information 	Attend in any order: <input type="checkbox"/> Prepared Childbirth <input type="checkbox"/> Preparation for Cesarean Birth, if you are having a scheduled cesarean birth  <input type="checkbox"/> Breastfeeding with Success <input type="checkbox"/> Baby Care Basics <input type="checkbox"/> Infant Safety & CPR <input type="checkbox"/> Boot Camp for New Dads <input type="checkbox"/> Boot Camp for New Moms <input type="checkbox"/> AAA Child Passenger Safety <input type="checkbox"/> In Person Maternity Tour Education Services          

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	Gestational Age	Visit Content	Labs/Imaging*	QR Code Resources	Recommended Prenatal Education Programs
3rd Trimester	36 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss signs of labor</li> <li><input type="checkbox"/> Discuss Maternity Leave, if not done at last visit</li> <li><input type="checkbox"/> Complete vaginal culture for Group B Strep</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Order breast pump. Visit: <a href="http://www.breastpumps.byramhealthcare.com/kaiser">www.breastpumps. byramhealthcare.com/ kaiser</a> ideally 30 days before your baby is due or soon after you give birth to order your breast pump. Your pump will be delivered to your home within 3 to 5 days</li> </ul> 	<p>Healthy Beginnings Issue 7</p>  <p>Breast Pump Ordering</p>  <p>Maternity Leave Information (see page 4 for resources)</p>	Register for and complete prenatal education programs. See page 4 for list.
	38 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cervical exam, if indicated</li> <li><input type="checkbox"/> Review Group B Strep testing results</li> <li><input type="checkbox"/> If scheduled for a cesarean birth, perform preop exam</li> </ul>		<p>Healthy Beginnings Issue 8</p> 	
	39 weeks	<input type="checkbox"/> Cervical exam		<p>Healthy Beginnings Issue 9</p> 	
	40 weeks	<ul style="list-style-type: none"> <li><input type="checkbox"/> Cervical exam</li> <li><input type="checkbox"/> Schedule induction of labor, if indicated</li> </ul>			

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	Gestational Age	Visit Content	Labs/Imaging*	QR Code Resources	Recommended Prenatal Education Programs
Postpartum	Postpartum	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss birth control &amp; breastfeeding</li> <li><input type="checkbox"/> Obtain updated off work note, if needed</li> <li><input type="checkbox"/> Discuss plan to return to work</li> </ul>		<p>Breastfeeding Support  </p> <p>Lactation Phone Numbers:          Anaheim: 714-644-5604          Irvine: 949-932-5892</p> <p>Maternity Leave Information (see page 4 for resources)</p>	<p>Education Services      </p> <p>Register by calling the Appointment Center at 1-833-574-2273 (1-833-KP4-CARE)</p> <p><input type="checkbox"/> Sleep Solutions for Infants</p> <p>Mother Baby Café (walk in, no appointment needed)</p>

## Phone Numbers and Resources

Kaiser Permanente Women's Health Website <a href="http://kpomenshealth.org">kpomenshealth.org</a>	
Meet Our Team Website <a href="http://kpomenshealth.org/meet_your_team.asp">kpomenshealth.org/meet_your_team.asp</a>	
Appointment Center For concerns or issues if you are less than 16 weeks pregnant	1-833-574-2273
Labor & Delivery For concerns or issues if you are greater than 16 weeks pregnant	714-644-5566
Release of Information Unit (Assists with all disability/leave related needs) Your provider will complete the first maternity leave note (otherwise known as an off work note). Please visit <a href="http://www.kp.org/requestrecords">www.kp.org/requestrecords</a> to file for disability claims (including State/FMLA/baby bonding), submit your disability receipt number, and/or any forms that need to be completed by your provider. Disability forms will not be filled out by your provider in the clinic, even if they just require a signature. If you are not active on kp.org, we encourage you to sign up. For issues, please contact our Orange County Release of Information Unit.	Phone number: 714 284 6634 Office hours: Monday through Friday, 9 a.m. to 4:30 p.m. Email: <a href="mailto:ocroiu@kp.org">ocroiu@kp.org</a> 
Mothers and Infants Lactation Counseling (MILC)	Anaheim: 714-644-5604 Irvine: 949-932-5892
Baby Steps One	
Baby Steps Two	
Pregnancy Resources <a href="http://kpomenshealth.org/maternity_care_pregnancy_resources.asp">kpomenshealth.org/maternity_care_pregnancy_resources.asp</a>	
Safe Medications During Pregnancy (See page 6)	
Behavioral Health Resources	Behavioral Health-Self Referral: 714-644-6480 24/7 Behavioral Health Crisis Line: 1-800-900-3277

\*\*Please do not send an email if having a medical problem or urgent issue; e.g., bleeding, contractions, etc.\*\*



Your opinion matters. Please complete the following two question survey to help continually improve our pregnancy roadmap.