

## Pregnancy Checklist

Congratulations! This is a guide to your pregnancy to help you understand expectations and plan for your prenatal care and delivery.

GESTATIONAL AGE	CHECKLIST:
6-9 weeks <input type="radio"/> 1 inch long <input type="radio"/> Heart is functioning	<ul style="list-style-type: none"> <li>First prenatal appointment around 8 weeks. An ultrasound is not usually done at this visit. Your first ultrasound will be at 11-12 weeks of pregnancy.</li> <li>Review any prescription medications you are currently taking with healthcare provider.</li> <li>Routine prenatal labs.</li> <li>Complete cystic fibrosis and spinal muscular atrophy genetic screening tests.</li> </ul>
10-15 week <input type="radio"/> 2-3 inches long <input type="radio"/> ½- 1 oz <input type="radio"/> Limbs formed	<ul style="list-style-type: none"> <li>First ultrasound (11-12 weeks)! If you've already had an ultrasound earlier in your pregnancy, you do not need a repeat ultrasound at 11-12 weeks.</li> <li>We should be able to hear your baby's heartbeat by listening with a fetal doppler on your belly. All of your lab results will be reviewed with you at this visit.</li> <li>Genetic screening for chromosomal abnormalities. Can also find out gender from this lab (7-10 days after drawn) if you want to know.</li> <li>Consider feeding method planned.</li> </ul>
16-20 weeks <input type="radio"/> 8-10 inches <input type="radio"/> 7-14 oz	<ul style="list-style-type: none"> <li>Office visits continue every 4 weeks.</li> <li>Ultrasound to look at baby's anatomy at 18-20 weeks</li> <li>Schedule childbirth education classes and/or breastfeeding course.</li> <li>Many patients begin to feel the baby move close to 20 weeks of pregnancy (although this varies person to person)!</li> </ul>
21-26 weeks <input type="radio"/> 11-14 inches <input type="radio"/> 1.75-3 lbs <input type="radio"/> Baby may hiccup	<ul style="list-style-type: none"> <li>Begin interviewing pediatricians or family practice providers - both can provide newborn care.</li> <li>Check out childcare options if returning to work.</li> <li>If you're planning to breastfeed your baby, you were given a prescription for a breast pump at your 20-week office visit. Fill out the attached forms and submit them so you'll have your pump before delivery.</li> </ul>
27-30 weeks <input type="radio"/> 14-16 inches <input type="radio"/> 2.5-3.5 lbs <input type="radio"/> Taste buds develop	<ul style="list-style-type: none"> <li>Blood tests for anemia and gestational diabetes.</li> <li>Rhogam injection (if indicated for Rh negative blood types) at 28 weeks with lab tests.</li> <li>Start buying baby equipment including car seat!</li> <li>Consider contraceptive options post-partum and discuss with provider.</li> <li>Start working out details about maternity leave with employer - provide office with FMLA form (our office will complete within 10 days of receiving it).</li> </ul>
31-35 weeks <input type="radio"/> 16-19 inches <input type="radio"/> 4-6 pounds <input type="radio"/> Brain development <input type="radio"/> Strong "kicks" may be visible from outside	<ul style="list-style-type: none"> <li>Tdap vaccine to protect your baby from whooping cough will be given to you at your 32-week visit. Your partner and any other family members having contact with you should contact their healthcare providers about getting the vaccine prior to your baby arriving.</li> <li>Complete childbirth education classes.</li> <li>Organize transportation plan to get to hospital.</li> <li>Tour Elliot hospital.</li> <li>Install car seat - inspection available at local fire department (you need to call fire department to set up appointment).</li> <li>Baby might "drop" into pelvis.</li> <li>Plan childcare arrangements for other children during hospital stay.</li> <li>Choose a pediatrician or family practice provider to care for your baby.</li> </ul>
36 weeks - delivery <input type="radio"/> 19-20 inches <input type="radio"/> 7-8 pounds <input type="radio"/> Lungs mature <input type="radio"/> Skin smooth and pink	<ul style="list-style-type: none"> <li>Appointments weekly.</li> <li>May pass mucus plug.</li> <li>Having a boy? Make decision on circumcision.</li> <li>GBS screening test at 36 weeks.</li> <li>Cannot travel by air after 36 weeks.</li> <li>Check cervix for cervical dilation at 40 weeks (your due date!).</li> <li>Plan induction at 41-42 weeks if you haven't gone into labor.</li> </ul>