

Pregnancy Planning 101

A Guide to the Trimesters, Postpartum, and Hospital Prep

HOSPITAL CHECKLIST

- Extra long phone charger
- Socks or slippers
- Flip flops for showering
- Toiletry kit (toothpaste and toothbrush, haircare and skincare, lotion, razor, contacts or glasses, deodorant, facial wipes, lip balm, hair ties, hairbrush)
- Extra long phone charger
- Socks or slippers
- Flip flops and a towel for showering
- Comfortable clothes
- Your favorite pillow
- Wallet with ID and insurance card
- Birth plan (if you have one)
- An outfit for your little one to go home in, and one for you to go home in (nursing bra or padded top for leakage!)
- Hospital-provided shirt, hat, swaddle, diapers, and diaper cream for your baby
- Books or other activities
- Favorite snacks

PRENATAL APPOINTMENT CHECKLIST

Things to think about before making your appointment and choosing your OB/GYN

- 1 Where do you want to deliver? What practices deliver there?
- 2 Do you want to work with a doctor, PA, NP, certified nurse-midwife (CNM), doula, or some combination?
- 3 Do you have a preference for a male or female provider?

APPOINTMENTS

6-10 weeks: First OB appointment to confirm the pregnancy with a urine pregnancy test

10-12 weeks: Follow-up appointment that may include a comprehensive blood test

20 weeks: Detailed "Anatomy Ultrasound" to evaluate the baby's anatomy and measure major bones and organs

24-28 weeks: Glucose tolerance test

28-29 weeks: People who are Rh negative will receive a shot called RhoGam that helps protect the body from making antibodies against Rh factor, which could harm subsequent pregnancies

35-37 weeks: Tested for Group-B Streptococcus

VACCINES

- 1 Flu shot
- 2 You'll receive **Tdap** around 27-36 weeks, primarily to prevent pertussis, which can be fatal to newborns. You'll pass some of your immunity on to your little one!

OTHER THINGS TO CONSIDER

- Enroll in a **childbirth class** and **tour the hospital**
- Consider **how you want to feed** (breastfeed or formula)
- Look into your work's **maternity leave** policies
- Work on a **healthy balanced diet** during pregnancy
- Take your **prenatal supplements** (*hint hint: Binto!*)