



# Prenatal Checklist

## 4-8 Weeks of Pregnancy

Notes

- Hospital Affiliation/Delivery Site
- Educational Materials
- Hereditary Genetic Screening
- Aneuploidy Genetic Screening
- Reasons to call the office/on call
- EMMI order set
- Weight Gain recommendations
- Prenatal Vitamin/Calcium & Vitamin D
- Exercise in Pregnancy
- Blood work orders
- DVT prevention
- Flu shot

## 10-14 Weeks of Pregnancy

- Genetic Screening wishes reviewed
- Prenatal labs reviewed
- Initiate Aspirin if indicated
- Early glucose screening if indicated

## 14-18 Weeks of Pregnancy

- Anatomy ultrasound ordered
- AFP blood test discussed

## 18-26 Weeks of Pregnancy

- Mid pregnancy ultrasound results
- Early glucose testing if indicated
- Understanding viability
- Anticipate fetal movement
- Prenatal Class options
- Glucose test for gestational diabetes
- Third Trimester labs
- Cord blood harvest plans
- Signs of preterm labor

## 26-30 Weeks of Pregnancy

## Notes

- Hospital Labor and Delivery Tour
- Choosing a pediatrician
- Hospital pre-registration
- Insurance pre-certification
- Delivery mode/schedule?
- Contraceptive plans
- TDAP vaccine
- Rhogam if indicated
- Depression screening
- Travel Restrictions
- Sexual activity
- Fetal activity awareness
- Scheduling remainder of visits

## 30-32 Weeks of Pregnancy

- Signs of preterm labor
- Importance of kick cts
- NSTs if appropriate
- Pain management in labor
- Possibility of instrumented delivery and/or Cesarean delivery
- Perineal integrity/episiotomy

## 32-40 Weeks of Pregnancy

- Preparation for lactation, breast care
- Order breast pump
- Anticipated hospital stay
- Practice call schedule
- Baby car seat
- Home help
- Circumcision education
- Group B Strep Culture
- Confirm Cephalic at term
- Packing bag for hospital
- Birth plan/wishes
- Discuss post-term management