

33) PREGNANCY CHECKLIST

- Take prenatal vitamins once a day. We also advise a daily DHA supplement (but many PN Vitamins now include DHA). We also advise a daily Calcium Supplement with Vitamin D.
- Have your first prenatal lab panel done. Most labs can be drawn in our office, unless your insurance plan requires you to go to an outside lab. If you transfer care to us, we NEED those lab results.
- You will receive information from the State of California about Prenatal Integrated Screening. Please review this information prior to your first OB consultation with the doctor.
- If you are interested in CVS, done at about 11 weeks, please tell us right away. You will need some tests done beforehand.**
- Decide if you are interested in the nuchal translucency test (the NT test) which is done at 12 weeks gestation here in our office. This is the first part of the 2-part prenatal screening program.
- Decide if you would like non-invasive prenatal testing (called NIPT). This is a test to detect fetal DNA in the mother's blood. It is very accurate but also can be very expensive.
- At 16 weeks, the second part of the 2-part prenatal screening test is done. This is the afp blood test.
- All patients are tested for possible gestational diabetes about 26-28 weeks. (twins-sooner). In addition, if you are Rh Negative, you will need a Rhogam injection after the 28-week blood draw.
- By the 7th month, decide about childbirth preparation classes. First-time patients may want to take the Huntington prepared childbirth classes, breast-feeding, infant care or others.
- By the 7th month, send in your Labor and Delivery pre-registration form to Huntington Hospital. If you do not yet have a Pediatrician, you may leave that section blank.
The form is here: www.huntingtonhospital.com/Main/BirthFormsHandouts.aspx
- Huntington Hospital's Birthing Center offers free tours. Call 626-397-5037. Check the hospital web site.
- Select a Pediatrician for the baby's care while in the hospital. We can recommend one, but many patients wish to ask around and pick someone of their own choosing. Verify that your selected Pediatrician is on your child's medical insurance plan and is on staff at Huntington.
- If you are planning on having a tubal ligation (tying the tubes), please be sure that you have signed the California State Sterilization Consent Form.
- Any balance due should be paid by the 28th week. Please discuss all financial issues with our billing dept.
- Make a decision about umbilical cord blood banking. See the section in our booklet for more information.
- If you work, once you have determined your last day of work, we can help you submit a disability claim. You may also be eligible for the California Paid Family Leave program. See the section in this booklet.
- Contact your insurance carrier about 1 month before your due date to be sure that they are aware that you are pregnant, and that there have been no unexpected problems with your coverage. If you are planning on having a Cesarean, or a tubal ligation, or both, be sure they know about these issues as well.

AFTER DELIVERY

- After you deliver, we will bill your insurance. If you are billing them, you will need a "SUPERBILL" from us. Write the baby's birthday on the superbill before sending it to the insurance company.
- Read the Postpartum section in your OB Guidebook. There is good information on breastfeeding.
- After delivery, call to schedule your postpartum appointment. We would like to see you 6 weeks after having a vaginal delivery, and 1-2 weeks after having a Cesarean delivery.

Congratulations!