

Pregnancy Timeline Checklist

First trimester: (first 3 months of pregnancy):

6– 10 weeks: Pregnancy confirmation visit:

- Ultrasound to confirm your baby's due date
- History taking and physical exam, which may include a pap smear
- Blood draw for routine labs: Checking for blood type, anemia, genetic screen, Hepatitis, Syphilis, HIV, Gonorrhea, Chlamydia, bacteria in the urine, and verifying immunity to Rubella and Varicella

10 weeks: Nurse visit:

- Blood draw for genetic screening (if desired)

12 – 13 weeks: Ultrasound

- Ultrasound done with a specialist, which can detect certain rare, but severe birth defects early

Second trimester: (months 4 – 6)

This is a good time to announce your pregnancy – the chance of miscarriage is lower after the first 3 months of pregnancy

16 weeks: Visit with care team

- Check your blood pressure, weight and baby's heartbeat
- Blood draw that screens for neural tube defects

20 – 22 weeks: Anatomy ultrasound

- Ultrasound done with a specialist to look at fetal anatomy
- If an in vitro fertilization (IVF) pregnancy, an ultrasound of the baby's heart will be done at 22 weeks with the pediatric cardiologist

24 weeks: Visit with care team

- Check your blood pressure, weight, size of uterus and baby's heartbeat
- Blood draw for a gestational diabetes screening test and to check for anemia
- Pre-register at UCLA Santa Monica Hospital and schedule childbirth classes and hospital tour

At this stage we will discuss ways to prevent early labor and counting your baby's kicks.

Third trimester: (months 7 – 9)

28, 32 & 34 weeks: Visits with care team

- Check your blood pressure, weight, size of uterus and baby's heartbeat
- Whooping cough booster (Tetanus, diphtheria, and pertussis vaccine) is offered as early as 27 weeks, usually given at 28 – 32 weeks
- Rhogam shot if your blood type is Rh negative, at 28 weeks
- Consider birth control options for after your baby is born. If you are interested in tying your tubes, there is paperwork that must be done early, so please tell your care team
- Decide how you want to feed your baby; contact your insurance to get a breast pump
- Find a pediatrician (doctor for your baby)
- Get a car seat and have it installed and inspected
- Consider if you want your baby circumcised (if male)
- Schedule cesarean section (c-section) if one is planned

Reminder: Time to stop flying – most airlines won't let you fly after 35 weeks.

36 weeks: Visit with care team

- Check your blood pressure, weight, size of uterus and baby's heartbeat
- Screening for Group B streptococcus, which is a vaginal and anal swab to test for a bacteria that can be harmful to the baby at the time of a vaginal delivery
- Ultrasound to see if the baby is head down and check baby's size
- Discuss labor precautions
- Consider if you have any birth preferences and your plan for pain management in labor

37, 38, 39 & 40 weeks: Visits with your care team

- Check your blood pressure, weight, size of uterus and baby's heartbeat
- If planning on vaginal birth, labor induction methods are usually offered at 39 weeks
- Discuss induction of labor by 41 weeks if you have not delivered by that time