

# My OB Checklist

OB Visits are scheduled as follows unless otherwise noted:

\*7-30 weeks: Every 4 weeks \*30-36 Weeks: Every 2 weeks \*36-Delivery: Weekly



## **7 - 10 WEEKS**

- ☐ Initial office visit.
- ☐ Schedule at least your next 2 office visits before you leave.
- ☐ Schedule your Ob Education visit 1 to 2 weeks after your initial prenatal visit if this is your first baby or you would like a pregnancy refresher.
- ☐ Routine prenatal labs ordered by your provider to be drawn at ANY PDL location (visit [www.pdllabs.com](http://www.pdllabs.com) for hours and locations).
- ☐ Schedule 1st Trimester Ultrasound and Genetic Consult for after 10 weeks with Dr. Soffici, Dr. Dattel or Dr. Sharma at The Perinatal Center if you decide to have genetic screening. Schedule early as appointments fill up. (805) 898-0258 on 316 West Junipero Street.
- ☐ If The Perinatal Center does not accept your insurance, you can contact Dr. Daryoush Jadali at The Perinatal Diagnostic Center (805) 643-9781.

## **10 - 30 WEEKS**

- ☐ Schedule OB appointment every 4 weeks.
- ☐ NIPT genetic lab to be drawn at PDL on Bath Street when desired and ordered by MD.

## **15 - 20 WEEKS**

- ☐ Schedule your 18 - 20 week anatomy scan at the Perinatal Center with Dr. Soffici, whether or not you choose genetic testing.
- ☐ AFP to be done ideally between 16 - 18 weeks but can be done between 15 - 21 weeks.
- ☐ Complete SBCH Pre-Registration, which you may request from and return to any of our department's front desk personnel or take to Cottage Hospital Admitting desk in the main lobby.
- ☐ Sign up for prenatal classes and/or hospital tour at SBCH if desired, listed in your pre-registration packet. Visit [www.CottageHealth.org/classes-events](http://www.CottageHealth.org/classes-events) or email [ChildBirthED@sbch.org](mailto:ChildBirthED@sbch.org) with questions.

## **26 - 28 WEEKS**

- ☐ Rhogam injection if you are Rh negative blood type.
- ☐ Gestational Diabetes Screen and CBC: 1Hour Glucose Tolerance Test to be drawn at any PDL location.
- ☐ Discuss breast pump options with your provider.
- ☐ Select a Pediatrician for your baby. Pamphlets for Sansum Pediatric Department can be requested at our front desk. You may make an appointment to meet your intended pediatrician prior to your baby's birth.

## **29 - 32 WEEKS**

- ☐ Tdap vaccine at your OB appointment (29 - 30 weeks).
- ☐ Attend optional Childbirth Classes at SBCH.
- ☐ Attend Hospital Tour if desired.

## **31 - 36 WEEKS**

- ☐ Schedule OB appointments every 2 weeks.

## **36 WEEKS**

- ☐ Schedule OB appointments weekly.
- ☐ GBS swab done at your OB appointment (Group Beta Strep Test).
- ☐ Complete CA State Disability Forms: You can get the forms from your employer, the state disability office or our front desks.
- ☐ Install your infant car seat in your chosen family vehicle.
- ☐ Pack your hospital bag.

