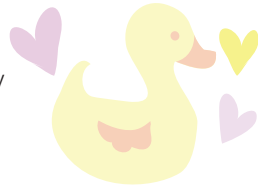


# My OB Checklist

**OB VISITS ARE SCHEDULED AS FOLLOWS UNLESS OTHERWISE NOTED:**

\*7-10 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 at the Perinatal Center** if you decide to have genetic screening. Schedule early as appointments fill up. (805) 898-0258 on 427 West Pueblo Street.
- ☐ If The Perinatal Center does not accept your insurance, you can contact Dr. Daryoush Jadali at The Perinatal Diagnostic Center (805) 643-9781.
- ☐ Decide if you want Cystic Fibrosis, SMA, or Universal Genetic Screening (info included in your packet)

## **15 - 20 WEEKS**

- ☐ Schedule your 18 - 20 week anatomy scan at the Perinatal Center, whether or not you choose genetic testing.
- ☐ **Genetic Screens:** If ordered, **Sequential Screen, AFP, and Quad Screen** are all best done starting at about 15 weeks, BEFORE WEEK 18 and before the baby's anatomy scan.
- ☐ 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. Must arrive 1 hour prior to lab closing.
- ☐ **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).
- ☐ Discuss **breast pump options** with your provider.
- ☐ Attend optional Childbirth Classes at SBCH.
- ☐ Attend Hospital Tour if desired.

## **31 - 36 WEEKS**

- ☐ Schedule OB appointments every 2 weeks.
- ☐ Complete **CA State Disability Forms BY PAPER FORM NOT ONLINE:** You can get the forms from your employer, the state disability office or our front desks.
- ☐ Plan Disability.
- ☐ Plan for postpartum contraception.

## **36 WEEKS**

- ☐ Schedule OB appointments weekly.
- ☐ **GBS** swab done at your OB appointment (Group Beta Strep Test).
- ☐ Install your **infant car seat** in your chosen family vehicle.

