

# PREGNANCY CHECKLIST



## **DURING YOUR PREGNANCY**

- Take your prenatal vitamins**
- Vaccines:**
  - Flu vaccine during Flu season ASAP**
  - Tdap (Tetnus, Diphtheria and Pertussis/Whooping Cough) at 28-36 weeks**
- Keep your appointments**

*(Every 4 weeks until 28 weeks, every 2 weeks until 36 weeks, then every week until you give birth. Appointments may vary depending on your pregnancy.)*
- Labs/Tests:**
  - Initial prenatal labs**
  - Cell Free DNA at 10-12 weeks (optional)**
  - Fetal Anatomy Scan: 19 weeks to 22 weeks**
  - 24-28 weeks labs (1 hour Glucose Tolerance Test, CBC, HIV, VDRL)**
- Group B Strep (GBS) Test at 36 Weeks**
- Do a Bellevue Birth Tour at 30-35 weeks**

*<https://bellevuedelivers.com/classes-and-support/>*
- Take Childbirth Preparation Classes and Breastfeeding Classes at 26-36 weeks**

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- Talk to your employer about maternity leave and health insurance for your baby**
- Bring in your maternity leave paperwork to be filled out by a provider**

*\*Please allow up to 14 days for our office to complete the paperwork*
- Look for childcare providers ASAP for your baby if you are returning to work**
- Find a pediatrician for your baby**
- Order your breast pump**
- Discuss future birth control with your partner and OB provider**

# THE HOSPITAL AND GIVING BIRTH



## **WHERE:**

### **Bellevue Woman's Center**

Ellis Medicine  
2210 Troy-Schenectady Rd  
Niskayuna, NY 12309

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## **What to Bring in Your Hospital Bag/How to be Prepared**

- Driver's License or Other ID
- Insurance card
- Phone and charger
- Camera with batteries or charger
- Glasses/contacts and lens solution
- Toiletries including toothbrush/toothpaste
- Bathrobe, socks, nightgown (optional):  
*the hospital can provide them too*
- Money for parking or snacks
- Change of clothes for you to go home
- Change of clothes for the baby
- Blanket or warm weather gear for the baby
- Bras:
  - Nursing bra or camisole if you are breastfeeding
  - Tight sports bra if you are not breastfeeding
- Maternity underwear (several pairs)
- Thing to help you relax
  - Music, heating packs, family pictures, focal point
- Have the car seat installed in your car

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## **Essentials for the Baby**

- Infant or Convertible Car Seat
- Crib or bassinet with sheets
- 2 sleep outfits/sleep sacks for baby
- 7-10 outfits for the baby
  - Pre-wash several of them before your baby is born
- Bunting or warm weather outfit and hats
- Disposable diapers (size 1) or cloth diapers and covers
- Diaper pail or small trash can
- Infant carrier and/or stroller
- Infant washcloths
- Diaper changing pad or table
- Baby swing or bouncy seat (optional)
- 3-5 Receiving blankets
- Baby bathtub
- Mild baby wash
- Fingernail kit
- Baby Thermometer
- Wipes