

PREGNANCY CHECKLIST – for FOWH Patients

- Confirm your prenatal care and delivery health insurance coverage. Is our group and Huntington Hospital covered?
- Take prenatal vitamins with DHA daily. Take a calcium supplement with vitamin D daily.
- Have your first prenatal lab panel done. (called the B1 or OB1 panel).
- Consider having genetic mutation (carrier) screening tests – mother and father.
- Consider having a non-invasive prenatal test (called NIPT). This is a test to detect fetal DNA in the mother's blood and can be done about 9-10 weeks. It is very accurate but can be expensive. This web site allows you to check your estimated cost:
<https://womenshealth.labcorp.com/patients/cost-estimator#/>
- Review information about the State of California about Prenatal Screening.
- Consider having the nuchal translucency ultrasound scan (the NT scan). This is done at 12-13 weeks gestation here in our office.
- Consider having the afp blood test for spina bifida. This is done about 16 weeks.
- Consider having a fetal anatomy scan. This is done about 18-20 weeks.
- At 28 weeks we do the B2 (or OB2) blood panel. This tests for possible gestational diabetes, anemia, and syphilis (state law). If you are Rh Negative, you need a Rhogam injection during the 28-week prenatal visit appt.
- All patients are offered the TDaP vaccine at 28-32 weeks (tetanus and whooping cough). If it is winter, all patients are offered the preservative-free flu vaccine and starting in 2024, the RSV vaccine as well.
- About 5-6 months, we suggest signing up for Huntington Childbirth Education. go to: <https://www.huntingtonhealth.org/our-services/womens-health/huntington-baby/classes-tours/>
- By the 7th month, submit your Family Birth Center (L&D) pre-registration to Huntington Hospital. This can be done using the Cedars MyChart portal.
<https://www.huntingtonhealth.org/our-services/womens-health/huntington-baby/preparing-for-your-stay/#pre-registration>
- 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.
- Decide if you want to bank the umbilical cord blood and/or the cord. See the section in our OB Guidebook 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.
- If your medical insurance changes at any time during the pregnancy, please inform our office right away.

Refer to our OB Guidebook online at: <https://fowh.com/library/pasadena-pregnancy>