

OB Patient Checklist:

* = mandatory

** = optional

*** = highly recommended

After Initial OB visit:

- First Trimester Labs (please complete before your next appointment)*
- Schedule 1st trimester ultra screen (11-13 weeks) if you want genetic screening**
- Get Flu Vaccine during Flu Season (October-April months)***
- Schedule 20 week Anatomic Survey Ultrasound ***

15-18 weeks:

- Quadruple Screen (genetic screen) or Neural Tube Defect Screen**

By 20 weeks:

- Determine if Employer's Maternity Leave Forms are required; Submit ASAP to front desk.*
- Verify insurance maternity benefits and plan for required payments (plan to check again if insurance renews or you're close to meeting out of pocket max before delivery!)*

After 20 weeks:

- Pre-Register with SJMC (online or paper form; information in Folder given to you)*
- Select a Pediatrician***
- Schedule a Tour of SJMC**
- Sign up for Birthing Class**
- Plan Postpartum Contraception. This is more pertinent for patients interested in an IUD, Nexplanon, Essure tubal ligation, Vasectomy.
- Submit Breast Pump Order Form from Neb Docs of Maryland (online or in office)**

Between 24-28 weeks:

- Third Trimester Labs*
- Rhogam vaccination if you are Rh Negative (given after your 3rd trimester labs)*

Between 34-36 weeks:

- Get your tDAP vaccination at the Perinatal Center (needs to be scheduled)***