Pregnancy Checklist by Trimester

DUE DATE _____ DOCTOR OR MIDWIFE _____

HOSPITAL _____

FIRST TRIMESTER (WEEKS 1 TO 13)

- [ ] Book your first prenatal visit
- [ ] Ask your doctor or midwife about a prenatal vitamin
- [ ] Write down your due date
- [ ] Check what your health insurance covers
- [ ] Start a list of questions for checkups
- [ ] Save your care team phone numbers
- [ ]
- [ ]

SECOND TRIMESTER (WEEKS 14 TO 27)

- [ ] Anatomy scan (usually 18 to 22 weeks)
- [ ] Glucose screening (usually 24 to 28 weeks)
- [ ] Plan parental leave with your employer
- [ ] Sign up for a childbirth class
- [ ] Start a baby budget
- [ ] Choose a pediatrician
- [ ]
- [ ]

THIRD TRIMESTER (WEEKS 28 TO 40)

- [ ] Ask about the Tdap vaccine (recommended at 27 to 36 weeks)
- [ ] Group B strep test (36 to 37 weeks)
- [ ] Pre-register at the hospital
- [ ] Pack the hospital bag
- [ ] Install the car seat
- [ ] Wash baby clothes
- [ ] Stock diapers and wipes
- [ ] Freeze a few meals
- [ ]
- [ ]

Dates follow a typical US schedule. Your doctor or midwife may plan things differently, so follow their advice.