



PHYSICIANS & MIDWIVES THIRD TRIMESTER CHECKLIST

- ☐ Fetal kick counts - daily monitoring of fetal movement. Ideally, you should feel 10 movements of any kind in two hours.
- ☐ Obtain Tdap vaccine by 36 weeks from primary care provider or pharmacy
- ☐ Select a pediatrician and bring their information with you to the hospital
- ☐ Preregister at Inova Alexandria Hospital: <https://www.inova.org/mychart-signup>
- ☐ Complete childbirth education classes and/or hire a doula, if unmedicated birth strongly desired. Consider utilizing the resources below:
 - <https://www.pampers.com/en-us/pregnancy/birthing-classes>
 - <https://www.parents.com/pregnancy/giving-birth/preparing-for-labor/best-online-birthing-and-parenting-classes-for-all-moms-and-dads-to-be/>
 - <https://www.inova.org/our-services/inova-well/childbirth-parenting/classes>
 - <https://www.hugobourne.org/parenting101>
- ☐ Watch P&M Preparing for the BIRTHday class and supplementary hospital tour video: <https://www.advantiahealth.com/physiciansandmidwives/services/free-pregnancy-classes/>
- ☐ Order breast pump through insurance and/or make feeding plans (breastfeeding classes, resources, etc.)
- ☐ Ensure your car seat is legitimate and safety certified.
 - Before purchasing, review guidance on how to avoid counterfeit car seats, which are increasingly common and can delay hospital discharge if found unsafe.
 - How to spot a counterfeit car seat- <https://ctsafekids.org/child-passenger-safety/counterfeit-car-seats/>
- ☐ Watch anesthesia videos: www.napaanesthesia.com/ob-resource-center/
- ☐ Consider circumcision preferences for baby boy
- ☐ Consider cord blood banking preferences. This is a personal decision, and P&M does not endorse a particular company. If you do wish to participate, however, note that public banking is now recommended over private.
 - <https://www.cordbloodbanking.com/>
- ☐ Continue to stay active - exercise 3-5 times a week
- ☐ Pack hospital bag
 - https://www.inova.org/sites/default/files/Services/womens/PDFs/hospital_packing_checklist_revised.pdf
- ☐ Birth Certificate Payment Reminder- \$12- each copy
 - Be prepared to pay for the birth certificate before leaving the hospital
 - Payment methods: Credit card, check or money order
- ☐ Learn more about the Pacify app, which provides 24/7 perinatal and infant feeding support to new and expecting parents via their smartphones: <https://www.pacify.com/>

View this information online at
<https://www.advantiahealth.com/physiciansandmidwives/28weeks>
or use the QR code included here.

