

# Now What?

## First Trimester

- Call your doctor as soon as you believe you are pregnant.
- Start taking a prenatal vitamin with 600mcg of folic acid.
- Begin eating the healthiest diet possible.
- If you're at risk for having a baby with an inherited disorder, consider visiting a genetic counselor.
- Invest in an extra supportive bra. Many women grow a full cup size within the first few weeks.
- Visit your company's human resources department to find out how much maternity leave you'll have.
- Spread the good news! Most OB's will schedule an ultrasound at Week 8 to confirm the pregnancy so you may want to wait until then.
- Chorionic Villus Sampling (CVS) is a diagnostic test for chromosomal disorders and is usually performed between weeks 10 and 12.
- Register online for education classes at [www.mgmc.org](http://www.mgmc.org)



## Second Trimester

- Make the most of your renewed energy to start getting your home ready for your baby.
- Ask your doctor about the multiple marker test. It screens for defects and is usually done between weeks 15 and 20.
- Start thinking about how you want your labor and delivery to play out. Consider writing a birth plan.
- If working, start making a plan for your maternity leave.
- Decide if you want to know the sex of your baby. A detailed ultrasound usually takes place between 16 and 20 weeks, at which time gender can typically be determined.
- Start reading up on baby care.
- If you haven't already done so, start shopping for baby clothes, baby furniture, and nursery accessories.
- If you and your partner are planning on taking a babymoon, do it during this trimester.
- Look into child care if you plan to return to work after the baby. Daycares can fill up fast and nannies can be hard to come by.
- Think about whom you want present at your baby's birth and begin discussing it with family.
- Register to take a tour of Birthways and get to know our staff.

## Third Trimester

- Call your health insurance company and alert them to your due date. Find out any requirements they have about adding a baby to your policy.
- Have your baby shower about two months before your due date so you'll have time to buy things you don't receive.
- Install your baby's car seat. Car seats can break down with the heat of summer and the cold of winter, so if you're reusing a car seat—make sure it's not more than 5 years old.
- Consider cooking and freezing some food for when you bring the baby home.
- A baby is considered at term 3 weeks before your due date, so pack your bag for the hospital around Week 37.
- Prepare any siblings for the birth and make arrangements for them while you are in the hospital.
- If you plan to breastfeed, check on insurance coverage for a breast pump—many providers will cover this.
- Pre-register for your delivery online at [www.mgmc.org](http://www.mgmc.org)