

# My OB Checklist



**OB VISITS ARE SCHEDULED AS FOLLOWS UNLESS OTHERWISE NOTED:**

Every 4 weeks until 28 weeks; Every 2 weeks from 28-36 weeks; Weekly from 36 to delivery.

## Following your initial visit

- Schedule the majority of your prenatal visits.
- Schedule an OB Education Class, classes offered bi-weekly, call (805) 681-8911.
- Complete routine non-fasting prenatal blood work.
- Establish a plan for genetic screening with your OB provider.
  - This may include blood work, an US, or other testing. You also may opt to have no specific genetic screening for your pregnancy.
  - If you opt to have an ultrasound as part of your genetic screening this is typically completed at 11-13 weeks with Obsterxix Medical Group (Perinatology).
  - As always, we encourage you to verify insurance coverage prior to obtaining any testing or attending any consultations.
- Carrier screening for cystic fibrosis (CF), spinal muscular atrophy (SMA), or Universal Carrier screening is optional and can be done at any time.

## Weeks 15-20

- Anatomy scan between 18-22 weeks regardless of genetic screening
- Blood work for genetic screening may be requested between 15-21 weeks
- Register for prenatal classes through:
  - Cottage Hospital <https://www.cottagehealth.org/services/womens-services/>
  - Community childbirth classes.

## Weeks 26-28

- Rhogam injection may be given if you are Rh negative blood type.
- Screening for gestational diabetes and anemia, and other additional testing as needed.
- Select a pediatrician and contact their office.
- A Tdap vaccination is recommended after 27 weeks (and ideally before 36).

## Weeks 29-32

- Choose a breast pump.
- Schedule a Breastfeeding Class
  - For schedule information or to sign up:  
Go to: <https://calendar.sansumclinic.org/ent/>

## Weeks 33-36

- Complete the CA State Disability forms (by paper not online).
- Plan your postpartum contraception.
- Pack your hospital bag.

## Weeks 36- Delivery

- Group B Strep (GBS) swab.
- Install your car seat.

