



Los Olivos Women's Medical Group Pregnancy Checklist

Mark your due date on your calendar as 40 weeks and count the weeks back from that date to determine your current gestational age or "weeks of pregnancy".

Due date: _____

10 – 14 weeks:

- Read the California Prenatal Screening Program booklet about available genetic testing.
- Prenatal blood: Make sure your go to a laboratory contracted with your insurance.
- First Trimester Screening – blood test for Serum Integrated and Full Integrated screen should be drawn between 10 weeks and 13 weeks 6 days (page 19).
- If you are planning the California Full Integrated Genetic Screening, schedule the NT ultrasound between 12 and 14 weeks of pregnancy at Obstetrix Medical Group at (408) 371-7111.
- MaterniT21 blood test (if high risk for Down syndrome - see page 22).
- See Celeste (358-4835), the financial counselor, to determine your insurance benefits.
- Schedule prenatal classes at Los Olivos or Good Samaritan Hospital (page 4).

15 – 20 weeks:

- Second trimester screening blood test (15-20 weeks) - This completes the Serum Integrated Screening, Full Integrated Screening and Quad Marker Screening.
- Amniocenteses - (16-18 weeks) If your screening tests show a greater than 1/500 chance of having a baby with Down syndrome or Trisomy 18, genetic counseling with amniocentesis should be considered (page 23).
- Ultrasound (18-20 weeks)
Under 35 years old at delivery - Schedule at Los Olivos Women's Medical Group.
35 years or older at delivery - Schedule a Detailed (Level II) ultrasound at Obstetrix Medical Group (408) 371-7111.

24 - 28 weeks:

- Two hour glucola test to for gestational diabetes and blood test for anemia (page 18).
- Rhogam shot if you are Rh "negative" and your partner is Rh "positive" (page 40).
- Tdap vaccine if you have not been vaccinated within the last three years (page 32).
- Choose a pediatrician (page 59).
- Preregister at Good Samaritan Hospital at <https://prereg.app.medcity.net> or with a downloaded copy of the form. http://www.lowmg.com/info/forms_and_consent/ob_forms_consent/ob_admission_form.pdf

35 - 36 weeks:

- Complete disability paperwork. Bring your form to the office no earlier than one week prior to starting your leave. (page 45) http://www.lowmg.com/info/forms_and_consent/disability/disability_claim_form.pdf
- A vaginal group B streptococcus culture will be done at your office appointment if you are planning a vaginal delivery (page 25).

Optional considerations:

- Thimerosal free Flu shot with H1N1 - recommended for all women if pregnant during the flu season (October - May).
- Sign a tubal ligation consent if sterilization is desired. Keep a copy of the consent in your delivery bag. This should be decided by 34 weeks if possible.
- Obtain a cord blood and tissue stem cell collection kit prior to delivery if desired. These are available with Celeste at Los Olivos (358-4835) (page 43).