

DAY 1 TO DELIVERY

- Enjoy your big adventure! Ask your LWH Physician for an LWH Pregnancy Information Booklet and a Woman's Hospital Pregnancy Journal.
- Stay in the know by referring to LWHA.com and Womans.org throughout your pregnancy for important resources including prenatal education classes, mental health support services, and other tools.
- Refrain from alcohol, smoking, vaping, second hand smoke, certain medications, and all recreational drugs; limit caffeine intake.
- Fuel your body with lean proteins, fruits, vegetables, and whole grains; avoid consuming raw or undercooked meat, fish, and eggs.
- Stay properly hydrated by drinking a minimum of 6 to 8 glasses of clean water daily.
- Continue or modify your exercise regimen under the guidance of your physician to ensure safety; try Kegel exercises to strengthen pelvic floor muscles.
- Aim to get 7 to 9 hours of quality sleep a night and sleep on your side (*especially your left*) to improve blood flow and reduce swelling.
- Report any unusual symptoms promptly, such as bleeding, severe headaches, or swelling. Advise your LWH Physician or contact Woman's Hospital for immediate help if feelings of sadness, anxiety, hopelessness or self-harm persist.
- Stay connected to your LWH Physician. Regularly scheduled in-person physician visits, Virtual Visits, Connected MOM (Maternal Online Monitoring), and your MyOchsner Patient Portal are key resources during this special time.

A MOMMY-TO-BE NEEDS **THE BEST OB**

For additional healthy pregnancy resources, please visit LWHA.com and Womans.org



LOUISIANA WOMEN'S
Healthcare

 **Ochsner**

500 Rue de la Vie, Suite 100
Baton Rouge, Louisiana 70817

Clinic Hours

Monday - Thursday 8:00am - 4:30pm
Friday 8:00am - 3:30pm

225.201.2000

After Hours Emergencies

Woman's Hospital Medical Exchange

225.922.3766

OH BABY!

*A helpful checklist for each trimester of your pregnancy from your **LWH OB/GYN.***

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LOUISIANA WOMEN'S
Healthcare

 **Ochsner**

YOUR FIRST TRIMESTER

(Weeks 1-12)

- Schedule a prenatal appointment with your **LWH Obstetrician & Gynecologist (OB/GYN)** to confirm your pregnancy, discuss medical history, and review medications.
- Complete necessary lab work.
- Start or continue taking prenatal vitamins with folic acid.
- Discuss recommended vaccines; plan for your Flu and Tdap vaccinations.
- Discuss screening options for certain genetic disorders.
- Schedule a dental checkup; clean teeth and gums help reduce the risk of premature birth.
- Visit lwha.com (or scan QR code on back) to access our collection of obstetrical patient education resources.
- Visit womans.org (or scan QR code on back) to access resources from Woman's Hospital, including a link to a pregnancy app and information on prenatal education classes, mental health support services, and upcoming Baby Grand events.

YOUR SECOND TRIMESTER

(Weeks 13-27)

- Schedule and attend regular prenatal visits with your **LWH OB/GYN** (typically every 4 weeks) to monitor your health and your baby's development; ask your physician about scheduling prenatal Virtual Visits.
- Schedule and attend your anatomy ultrasound appointment (typically between weeks 18-22).
- Complete necessary lab work including your glucose screening test (typically between weeks 24-28).
- Get your Tdap Vaccine (as early as 27 weeks) to protect your baby from whooping cough.
- Begin Pre-Registration at Woman's Hospital to streamline the admission process for your baby's birth.

YOUR THIRD TRIMESTER

(Weeks 28-40)

- Continue attending more frequent prenatal visits with your **LWH OB/GYN** (typically every two weeks until 36 weeks, then weekly until delivery).
- Complete necessary lab work including your Group B Strep Test (typically between weeks 35-37).
- Keep track of kick counts to monitor your baby's movements daily; report any significant changes to your physician immediately.
- Report symptoms like severe headaches, vision changes, or swelling immediately.
- Prepare for your hospital stay; a car seat will be required for your newborn's ride home.
- Plan for postpartum support by arranging for help at home after the baby arrives, whether from family, friends, or professional services.



Please Note: This checklist is only intended to serve as a guide and does not replace any advice provided to you by your LWH physician.