

# Checklists

## NOW THAT I'M PREGNANT, WHAT SHOULD I DO TO PREPARE?

- Consider taking a prenatal vitamin with folic acid and iron to reduce the risk of birth defects.
- Schedule your first appointment with your obstetrical care provider. Typically the doctor will see you when you're seven or eight weeks pregnant (the second half of your first trimester).
- Start to research hospitals where you'd like to deliver your baby.
- Take a virtual maternity unit tour of hospitals you're interested in.
- Register with your selected Main Line Health hospital's labor and delivery service. To do this easily online, visit [mainlinehealth.org/maternity/register](https://mainlinehealth.org/maternity/register).
- Select your pediatrician.
- Look into your coverage for maternity leave information (if you're employed).
- Review your insurance coverage.
- Enroll in childbirth education classes.
- Call your pharmacist to determine if medications, supplements, vitamins and/or herbs are safe to continue to use during your pregnancy.
- Take good care of yourself emotionally during pregnancy and in the postpartum period; ask for help if needed.
- Make a plan for assistance from friends and family during the postpartum period.

## ASK YOUR INSURANCE COMPANY

These questions will help you plan your payments and file any necessary paperwork before your hospital stay.

- Does my policy cover maternity?
- Does my policy reimburse me for expenses such as a breast pump and childbirth education classes?
- Does my policy cover babies, including well-baby or sick-baby coverage?
- Will my policy cover a neonatal provider from CHOP to attend my delivery if necessary?
- Does my policy require prior authorization?
- How much time do I have to add my baby to the policy after I've delivered?
- Does my policy cover a well-birthparent/well-baby home visit?
- Does my policy cover lactation consultation services?



### ASK YOUR OBSTETRICAL CARE PROVIDER

- How many coaches can I have in the delivery room with me?
- How will I know it's time to go to the hospital?
- How do I reach you in an emergency or when I go into labor?
- Do you have any specific instructions for when I get to the hospital?
- When will you see me once I'm admitted?
- What is our plan for epidurals and anesthesia?
- Who will deliver my baby if you are not available when I go into labor?
- What happens if you need to induce my labor?
- What situation would cause you to perform a cesarean section?
- What would happen next if I need a cesarean section?
- Will a neonatal provider need to attend my delivery?

### ASK YOUR NURSE

- How soon can I get started on breastfeeding and who might help me learn?
- What kinds of screening tests will be performed on my baby and how soon will I know the results?
- What are my options if I experience pain after labor?
- How can I ensure my baby's safety and security?
- What is your visitation policy for children coming to the maternity unit?
- What supplies will be provided to me at discharge?

### WHAT TO PACK

- Personal identification and insurance information
- Phone numbers (family, friends and physicians)
- Phone charger with long cord to reach your bed
- Toiletries (toothpaste and toothbrush, shampoo and soap, glasses and contact lenses, lip balm, makeup)
- Comfortable clothing for your stay (bathrobe, nightgown, socks and slippers)
- Books, music, magazines
- Change of clothes for your birth partner
- Snacks and money for vending machine, cafeteria and other incidentals
- Baby blanket and going-home outfit for your baby
- Car seat (installed and inspected)

To save this checklist to your mobile device or tablet, visit [mainlinehealth.org/checklist](https://mainlinehealth.org/checklist)