

Planning Your Delivery

As it is time to start planning for your delivery, this packet contains information to help you during these final months.

- You will be scheduled to have a glucose challenge test to screen for diabetes.
- Vaccination for Pertussis (whooping cough) is recommended. You and your family members should receive the vaccine.
- Consider donation to a public cord blood bank or investigate private donation.
- Consider taking a childbirth education class.
- Start preparing for breastfeeding.
- Find a pediatrician. There is a pediatrician in the hospital who will examine your baby and recommend tests/vaccinations while you are in the hospital. However, you need to see a pediatrician with your baby within the first week you are home.
- Sign up for a tour of the hospital and learn how to get there.
- Start thinking about contraception choices after delivery.
- Educate yourself and your family about postpartum depression.

Please remember that we are available 24/7 to speak with you about any concerns you have about your pregnancy.

If you are having any of these symptoms, please call to speak with us:

- Decreased fetal movement
- Watery discharge that could indicate ruptured membranes
- Vaginal bleeding
- Regular, painful contractions
- Severe headache that does not resolve with Tylenol
- Persistent nausea/vomiting/abdominal pain