

Department of Obstetrics & Gynecology

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First Trimester Pregnancy Checklist

Read through the Maternity Care Guide

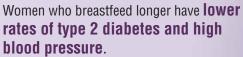
Watch the GW Prenatal Guide video

| Schedule appointments |
|---|
| Sign up for MyChart |
| Continue (or start) prenatal vitamins |
| Initial prenatal lab tests |
| Screening for chromosomal abnormalities (if desired) |
| Screening for genetic carrier status (if desired) |
| Influenza vaccine (if appropriate) |
| COVID-19 vaccine |
| Sign up for Babyscripts™ (this will be done at your first appointment) |
| Request medical records (if needed) |
| Think about breast/chestfeeding • Prenatal planning for breastfeeding » https://nestcollaborative.com/prenatal-planning-for-breastfeeding/ • Breastfeeding benefits (on next page) |

Breastfeeding Benefits

For Mom

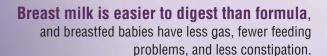
Breastfeeding may make it easier to lose the weight you gained during pregnancy.



Breastfeeding triggers the release of oxytocin that causes the uterus to contract and may decrease the amount of bleeding you have after



Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development.



Breast milk contains antibodies that protect infants

from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.

Breastfed infants have a lower risk of sudden infant death syndrome (SIDS).

If your baby is born preterm, breast milk can help reduce the risk of many of the short-term and long-term health problems.





