

## Third Trimester Pregnancy Checklist

- Tdap Vaccine (27-36 weeks)
- Influenza Vaccine (if not already done)
- Set up your lactation consultation with Nest or other lactation consultant (typically covered by insurance at no cost to you). Some options include:
  - Nest Collaborative
    - » <https://book.nestcollaborative.com/1?partner=gw>
  - The Breastfeeding Center
    - » <https://www.breastfeedingcenter.org>
- Obtain your FREE breast pump (Check with insurance company for what you need from us: prescription, letter or a certification of due date)
- Discuss your birth preferences with your provider
- Hospital Registration ([www.gwhospital.com](http://www.gwhospital.com) ➔ Services ➔ Women's Services ➔ Maternity Services ➔ Maternity Preregistration)
  - Enter your demographic information
  - Print, read, and sign the consent forms
- Tour ([www.gwhospital.com](http://www.gwhospital.com) ➔ Services ➔ Women's Services ➔ Maternity Services ➔ Take a Free Prenatal Tour of the Women's Center)
- Look into a Pediatrician
- Car Seat
- Ask your insurance how to add your newborn to your insurance policy
- FMLA Documents
- Make a Postpartum Plan
  - » [www.newmomhealth.com](http://www.newmomhealth.com)