

# YOUR PREGNANCY CHECKLIST

## Month 1-3

- ☐ Meet with your obstetrician or nurse-midwife (have breasts checked for nursing).
- ☐ Have all medications (including over-the-counter drugs) approved by your doctor or nurse-midwife.
- ☐ Start prenatal vitamins.
- ☐ Avoid smoky areas.
- ☐ Maintain healthy eating habits.
- ☐ Begin reading books on pregnancy and childbirth.
- ☐ Begin prenatal yoga classes.
- ☐ Do not smoke, drink alcohol or take drugs.
- ☐ Adopt healthy lifestyle.\*
- ☐ Sign up for the Parent Education email letter at [www.baystatehealth.com/babymail](http://www.baystatehealth.com/babymail).

## Month 3-6

- ☐ Continue healthy eating habits.
- ☐ Continue monthly prenatal check-ups with obstetrician or nurse-midwife.
- ☐ Pre-register for hospital stay at Baystate Medical Center.
- ☐ Buy or borrow maternity clothes.
- ☐ If returning to work following birth, arrange for childcare.
- ☐ **Register for Childbirth classes in your fourth month.**

**\*Pregnancy/Environment Hotline** - Provides information about drugs and medications, chemicals, and other environmental agents which may be harmful to a pregnant woman and her unborn child.

Call Toll Free in MA: **1-800-322-5014** or **617-787-4957**, Mondays through Fridays, 9:00 a.m. to 4:30 p.m.

## Month 6-9

- ☐ Begin Childbirth classes.
- ☐ Continue healthy lifestyle.
- ☐ Select pediatrician. For information call 794-CALL. *See pages 145-155 for list of names.*
- ☐ Select a reliable babysitter. (Have your sitter take the *Keeping Baby Safe* or *Baby-sitters Academy* class.)
- ☐ Register for Sibling, Keeping Baby Safe and Grandparents classes.
- ☐ Weekly prenatal visits to obstetrician or nurse-midwife during last month.
- ☐ Prepare nursery.
- ☐ Make arrangements at home for your hospital stay.
- ☐ Pack suitcase for you and your baby.
- ☐ Pack telephone numbers of friends and family.
- ☐ Plan transportation to and from hospital.
- ☐ Make sure that your baby's car seat is correctly installed in your car. *For a free car seat inspection, call six weeks before your due date at 794-2229 (BABY).*

## OFF-LIMITS DURING PREGNANCY

- Sushi
- Any dish containing raw eggs (e.g., tiramisu)
- Undercooked meat
- Unpasteurized soft cheeses such as feta or Brie, which may carry bacteria (pasteurized cheeses okay)
- Hot tubs or baths with water over 102° F
- Saunas
- Tanning beds
- Routine X rays
- Aromatherapy oils (may cause uterine contractions when rubbed on the belly)
- Strong concentrated fumes, such as polyurethane or paint
- Sitting for a long time while traveling, which could cause blood clots to form in your legs
- Changing cat litter
- Shark, swordfish, king mackerel, or tilefish
- Alcohol