



Los Olivos Women's Medical Group Pregnancy Checklist

Mark your due date on your calendar as 40 weeks and count the weeks back from that date to determine your current gestational age or “weeks of pregnancy”.

8 – 12 weeks:

- Financial counselor (Celeste at 358-4835).
- Prenatal laboratory tests (Quest or Hunter lab – go to a facility contracted with your insurance)
- Schedule prenatal classes at Los Olivos or Good Samaritan Hospital (page 5). Consider scheduling nuchal screening test (page 31). The test is a combination of a blood test and an ultrasound that measures the thickness of the skin at the back of the baby's neck.
- Schedule the nuchal screen ultrasound between 12 and 14 weeks of pregnancy at Obstetrix Perinatology Group at (408) 371-7111.
- Use the home finger kit to obtain a blood sample one week prior to your nuchal screen ultrasound appointment. The “Instant Risk Assessment” home blood test kits are available at Los Olivos.

16 – 20 weeks:

Maternal Age under 35 at delivery:

- AFP Only - If you did the nuchal screen, do the AFP only test to check for neural tube defects.
- Expanded AFP test - If you are under 35 years old at delivery and did not do a nuchal screening test, consider taking the AFP – Quad marker screen (page 26).
- Schedule an ultrasound at Los Olivos with your physician's receptionist.

Maternal Age of 35 at delivery:

- Schedule genetic counseling and a Level II Ultrasound (with or without an amniocentesis) at Obstetrix Medical Group (408) 371-7111. If you are planning an amniocentesis, schedule the procedure at 16 weeks. If you elect not have an amniocentesis, a Level II ultrasound is performed at 18 weeks (page 33). If you did a nuchal screening test, you do not need the AFP only test with a Level II ultrasound.

24 - 28 weeks:

- One-hour glucola test to test for gestational diabetes and blood test for anemia (hemogram).
- Rhogam shot if your Rh antibody test is “negative” and your partner's Rh antibody is “positive”.
- The Tdap vaccine is recommended for all adults in contact with newborns and toddlers under the age of one to prevent transmission of pertussis, also known as “whooping cough.” If you have not already received this vaccine, you may receive it during the second or third trimester of pregnancy. The Tdap is given in the Vaccination Clinic in Suite 2 in the Los Olivos building (phone 356-9500) with a doctor's prescription.
- Consider pediatric office options.
- Register for Good Samaritan Hospital. You can do this during the hospital tour, by returning the form to your doctor or by faxing a copy to hospital admissions at (408) 559-2675. Keep a copy with your hospital bag.

35 - 36 weeks:

- Turn in completed disability paperwork to nurses no earlier than one week prior to starting your leave (page 61).
- Vaginal strep culture (if planning a vaginal delivery – see page 30). Result: _____

Optional considerations:

- Flu shot (recommended for all women if pregnant during the flu season – thimerosal free).
- Tubal ligation consent if sterilization is desired (sign by 34 weeks if possible).
- Obtain cord blood/stem cell collection kit prior to delivery if desired. These are available with the Los Olivos financial counselor (Celeste at 358-4835).