

MY PREGNANCY CHECKLIST

After your first office visit between 7-10 weeks you should:

- Make **additional office appointments** with the front desk.
- Sign up for our **Healthy Pregnancy Seminar** as soon as possible if this is your first baby or you would like additional pregnancy education. We recommend attending the Seminar prior to your second office appointment.
- Request and complete your Santa Barbara Cottage Hospital (SBCH) **pre-registration packet**. This can be requested from and returned to any of our department's front desk personnel or taken to the SBCH admitting desk in the hospital's main lobby.
- The pre-registration packet also includes a list of **birthing and pregnancy related classes** offered at SBCH. Please sign up for these and/or a **hospital tour** if desired. Classes fill up quickly.
- Go to the lab to have your **initial obstetrical labs** drawn as ordered by your doctor or by your nurse midwife.
- Decide if you would like to have **genetic testing**:
 - If you decide to have genetic testing, call Dr. Alex Soffici at The Perinatal Center, (805)898-0258, 316 West Junipero to schedule an appointment around 12 weeks. Schedule early as his appointments fill up.
 - Regardless of whether or not you choose genetic testing, call Dr. Soffici to **make an appointment for an ultrasound** for between 18-20 weeks of pregnancy.
 - If Dr. Soffici does not accept your insurance, you can contact Dr. Daryoush Jidali at The Perinatal Diagnostic Center, (805)643-9781 in Ventura.

Between 15-20 weeks:

- Go to the lab for Part 2 of your **Sequential Screen** or to do the **Quad Screen** if that is what you have selected as your genetic screen.
- Choose a pediatrician for your baby**. Pamphlets from the Sansum Clinic Pediatric Department can be requested at our front desk. You may make an appointment to meet your intended pediatrician prior to your baby's birth.

Between 26-28 weeks:

- Go to the lab for your **gestational diabetes/1 hour glucose screen**.
- If you are blood type Rh Negative, you will need an injection of **Rhogam** at this time.
- Complete CA State Disability forms**. You can get the forms from your employer, at the State Disability office, or from our front desk. A handout is available from our office to help you complete your paperwork correctly. We only accept paper copies for filing.

Around 30 to 32 weeks:

- Take prenatal classes and hospital tour if desired.

Around 35 to 36 weeks:

- Install car seat** and practice getting it in/out of the car.
- Pack your hospital bag** and have any essentials ready to go.
- Arrange for delivery of a **breast pump** through your insurance company if you are planning to breastfeed.