



Pregnancy Planner

BEFORE YOU CONCEIVE

- Eat a healthy, well-balanced diet and drink 8-10 glasses of water each day
- Take 400 mcg of folic acid daily for up to three months before conception
- Schedule a pre-conception appointment with your doctor
- Avoid smoking/second-hand smoke, drinking alcohol and caffeine, using drugs
- Visit our website or call the **Physician Information Line** at 913-791-4396 when choosing a doctor for you and your baby
- Schedule a free **tour of The Birth Place** at 913-791-4395, or you can wait to take a tour during your pre-admission appointment (see weeks 25-40)
- Attend a **Planning a Pregnancy** class; register at olathehealth.org/classes or call 913-791-4312

FIRST TRIMESTER (WEEKS 0-13)

- Make first prenatal care appointment with your doctor
- Take prenatal vitamins that include 400 mcg of folic acid each day
- Register for a **Healthy Pregnancy** class; register at olathehealth.org/classes or call 913-791-4312
- Avoid smoking/second-hand smoke, drinking alcohol and caffeine, drugs throughout pregnancy
- Investigate insurance coverage and length of hospital stay for maternity and infant care
- Eat a healthy, well-balanced diet and drink plenty of water
- Investigate your options for maternity leave
- Start reading about pregnancy, childbirth, and parenting

SECOND TRIMESTER (WEEKS 14-26)

- Register for a **Childbirth Preparation** class and plan to complete it 4-6 weeks before your due date; register at olathehealth.org/classes or call 913-791-4312
- Plan to take **Family and Friends CPR** while you can still lean forward comfortably; register at olathehealth.org/classes or call 913-791-4312
- Register for other classes like **Infant Care, Breastfeeding, and Sibling Preparation** as desired; register at olathehealth.org/classes or call 913-791-4312
- Make decisions on how you'll feed your baby and whether or not to circumcise your son

THIRD TRIMESTER (WEEKS 27-40)

- Call 913-791-4395 to schedule your **Pre-Admission/Tour** appointment
- Attend **Childbirth Preparation** and **Breastfeeding** classes
- Choose a physician for your baby by 30 weeks
- Practice putting the car seat in your vehicles and make appointment to have it checked by a technician
- Start looking for child care providers, if needed (not all places accept young infants)
- Complete **The Birth Place Pre-Admission form** and submit it to your physician's office or to the Patient Registration Department (913-791-4231). You may also submit this form at your pre-admission appointment.
- Complete your **Birth Options and Preferences form** after discussion with your physician. Submit it to your physician's office by 30 weeks.
- Make delivery day plans and pack your hospital bag



Important numbers

913-791-4312
Parent Education Classes

913-791-4415
Lactation Line

913-791-4235
The Birth Place

913-791-4396
Physician Information Line

913-791-4395
Pre-Admission/
Tour Scheduling

www.seatcheck.org

Your Doctor:

Child's Doctor:
