

To better help you through your pregnancy, we recommend the following guidelines to prepare for the birth of your baby. Keep this checklist handy as you move through the stages of your pregnancy and check off the details as you complete them.

First Trimester (Months 1, 2, 3):

- _____ Schedule a tour if you have not decided on a hospital. (712-279-3240)
- _____ Select a doctor for your prenatal care and delivery.
- _____ Schedule a pregnancy exam with your healthcare provider.
- _____ Review the enclosed St. Luke's Childbirth Preparation Class Schedule and call My Nurse to pre-register for classes. (712-279-3333)
- _____ Review the enclosed form about the New Mom Moments Club and call My Nurse to register.

Second Trimester (Months 4, 5, 6):

- _____ Complete and return your "Baby Express" pre-admission paperwork in the enclosed envelope. We recognize that not all of the information on the forms can be completed at this time, but please fill them out as completely as possible and return all forms in the enclosed envelope. Please return with a photocopy of both sides of your insurance card. This will save you time when you come into St. Luke's at the time of labor.
- _____ Review St. Luke's Childbirth Preparation Class Schedule and call to register. We recommend registering for classes in your fourth month of pregnancy. (712-279-3333)
- _____ Do research to decide if you will breastfeed your baby. There is a brochure from Siouland Breastfeeding Coalition enclosed in your "Baby Express" pre-admitting packet. Call My Nurse to register for St. Luke's Breastfeeding class. (712-279-3333)
- _____ Please call 712-279-3855 for information on possible discounts and payment options available at St. Luke's.
- _____ If you have any problems and questions during your pregnancy, no matter how small you think they are, please call My Nurse at any time of day. We have enclosed a card with the phone number for your convenience. (712-279-3333)

Third Trimester (Months 7, 8, 9):

By this time you should have done the following:

- _____ Returned all of your pre-admitting paperwork along with a copy of both sides of your insurance card to St. Luke's.
- _____ Pre-certified with your insurance company.
- _____ Registered for the St. Luke's Childbirth Preparation classes you are going to take.
- _____ Pack a bag for what you will need for you and the new baby at the hospital. St. Luke's web site (www.stlukes.org) gives suggestions of what to pack and items not to forget.

OTHER PREGNANCY PLANNING TIPS

During Your Pregnancy:

- _____ Schedule pregnancy exams as your physician directs.
- _____ Explore healthcare options and insurance coverage.
- _____ Read pregnancy, child development and parenting literature as recommended in the enclosed guide.
- _____ Choose the physician for your baby.
- _____ Research and arrange for childcare options. A guide of questions to ask and other suggestions when looking for childcare is enclosed.
- _____ Contact your insurance company and pre-certify, if needed.
- _____ Explore payment options for hospital fees.
- _____ Explore job flexibility and family leave options.
- _____ Pamper yourself. Rest and take naps.
- _____ Prepare for meals, your support network and holidays after your baby is born.
- _____ Buy or make birth announcements and pre-address the envelopes.
- _____ Prepare your calling list phone numbers and have for after baby arrives. You may wish to purchase a calling card for long distance calls, if you do not have a cell phone.
- _____ Make infant feeding decision.
- _____ Consider baby names.

After Your Baby Is Born:

- _____ Contact your insurance company to add your baby to your policy.
- _____ Breastfeeding support/electric breast pump rental.
- _____ Send out your birth announcements.
- _____ Plan your baby's baptism, christening, or dedication.
- _____ Talk and read to your baby.
- _____ Make time for your spouse.
- _____ Hire a cleaning service, if needed.
- _____ Schedule parenting classes. Call My Nurse for more information (712-279-3333).
- _____ Schedule the follow up visits for both you and your baby, as your physician directs.
- _____ Ask your physician about postpartum exercise.
- _____ Finalize childcare arrangements.
- _____ Take advantage of St. Luke's Baby Weigh Clinic, a free service offered every Monday (except holidays) from 1 to 7 PM at St. Luke's 3rd Floor. This is a time for questions about breastfeeding, baby's growth and weight, and general baby care. Call My Nurse to find out more information (712-279-3333).

What to bring to the Hospital

1. 1-2 support people
2. Personal robe, slippers or socks
3. Hard candy, suckers or gum
4. Pre-washed clothes for baby to wear home
5. Supportive nursing / non-nursing bras
6. Labor instruction sheet
7. Camera (film and batteries too)
8. List of important phone numbers
9. Comfort items — lip balm, music, massage devices, special blanket, etc.
10. Energy, sense of humor, positive outlook!

Know routes and travel time to the hospital.

