

## **PAMF Los Gatos Pregnancy Checklist: Weeks 20 to delivery**

### **Review our second and third trimester handouts online at:**

<https://www.sutterhealth.org/pamf/services/pregnancy-childbirth/patient-forms-pamf>

- DIABETES Screening: Complete 2 hour glucose tolerance test and blood count test between 25 and 29 wks. Fast for 8 hours prior to going any PAMF lab. No appointment necessary.
- Review TDAP vaccine information online. We'll give you the vaccine in the 3<sup>rd</sup> trimester.
- Select a pediatrician (PAMF offices linked online)
- Review our birth preferences handout online, fill one out if desired
- Review our labor precautions handout online
- File disability paperwork with your employer and California state (instructions online)
- Get a car seat. You can have the installation checked at many local places – list online
- Get a breast pump. Call your insurance company to find out the process.
- Review important breastfeeding information at **www.firstdroplets.com** including how to hand express colostrum
- Pack a hospital bag
- Review postpartum handout online
- Review postpartum depression resources online

### **Good Samaritan Hospital birthing center: [www.goodsamsanjose.com/service/birthing-center](http://www.goodsamsanjose.com/service/birthing-center)**

- Pre-Register for your delivery
- Register for a hospital tour if desired
- Register for prenatal classes if desired (baby care, breastfeeding, childbirth, infant CPR)