

Women's Health Partner, LLC

Diplomates American Board of Obstetrics & Gynecology

3rd Trimester Checklist

- ❖ Select Pediatrician
 - Obtain Referral list from office
 - Think about insurance, office locations and hours, hospital privileges and vaccine policies
- ❖ Childbirth Classes
 - Obtain brochures and sign up for childbirth, baby care, breastfeeding and infant CPR classes
- ❖ Circumcision
 - Obtain consent, sign and return to office
 - Pay deposit
- ❖ Hospital
 - Take in-person or virtual tours of both hospitals and preregister if not done already
 - BRRH 561-955-3276
 - WBMC 866-724-6002
- ❖ Lactation Consult
 - Especially important for mothers with thyroid disorders, flat/inverted nipples, above 35 yo, history of breast surgery or have had infertility treatments
 - Mama Bean Lactation
 - Prenatal Breastfeeding Forum in office 2nd Monday of each month
 - Email Stacey to RSVP sriech@whpmd.com
- ❖ Car Seat Installation
 - Schedule inspection at local fire station
- ❖ Breast Pump
 - Discuss with OB Coordinator
- ❖ Cord Blood Collection
 - Research companies, obtain brochures
 - Consider cord blood and/or tissue
- ❖ Birth Preference List
 - Pain relief, hydrotherapy, nitrous oxide, IV medication, epidural
 - Baby skin to skin after delivery
 - Baby vaccines after birth
 - Delayed cord clamping
 - Family members present for delivery
 - Special requests
- ❖ Additional Services
 - Doula service- Birth/post-partum
 - Birth photographer
 - Massage therapy
 - Chiropractor services
 - Acupuncture
 - Physical therapy
 - Baby nurse
 - Labor tub rental
- ❖ Insurance
 - Add baby to insurance after delivery (you have 30 days)
 - FMLA and Short Term Disability
- ❖ Practice OB Coordinator
 - Any questions can be answered by our OB Coordinator - Stacey 561-368-3775 ext. 227