



FLINT

**Antepartum Check List**

**24-28 WEEKS**

**Birth Plan** - With this sheet you should have received a **McLaren Birth Plan**. Please review it and pencil in your questions/plans so you can review them with your provider between now and your last month of pregnancy when the plan will be finalized and faxed to the McLaren New Life Center.

**Childbirth Education Class** - Please sign up by calling (810) 342-1000 as soon as possible if you have not done so already.

**Breast Feeding Class/Support Groups** - Breast feeding has many advantages for both you and your baby. It is safe, inexpensive, and the large majority of new mothers are successful. The more education and support you have, the higher the success rate. We recommend you find out more before making a decision not to breast feed, but reeducation is important too for those who have breast-fed a prior baby. You can sign up for a class by calling (810) 342-1000. Also, ask for literature during your prenatal visits.

**Infant Care Class** - Please sign up by calling (810) 342-1000 as soon as possible.

**Circumcisions** - Now is the time to consider whether you want this procedure done. Circumcision is an elective (optional) procedure which should only be performed on healthy, stable infants. The most common complications, are bleeding and infection. Local anesthetic may be used to reduce the pain of the procedure for your baby. Your cultural or religious beliefs may influence your choice for or against circumcision. The decision is yours.

**RhoGAM** - If your blood-type is RH factor negative (e.g., A-, B-, AB- or O-) you should receive a RhoGAM shot at this time and again after you deliver. This usually prevents you from becoming sensitized to your baby's blood. Sensitization to this blood factor could cause problems with future pregnancies. If you know you are Rh negative, please discuss this with your provider prior to getting any blood work done. You will need a blood test to assure your need for this treatment although the shot is safe for both you and your baby.

**Blood sugar/CBC/Urine Analysis** - Most patients will need all of these studies at approximately 28 weeks of gestation (6-7 months of pregnancy) although some providers may not order any of them if you are "low risk." Discuss with your provider if no labs are ordered or if you have had trouble getting them done.

**Infant Caregiver** - You should try to select a Family Physician or Pediatrician at this time. If you need help, ask your provider or call McLaren Connect at (810) 342-2345. There is a "staff" Pediatric service at the New Life Center that will care for your newborn and help you to arrange after-hospital care.

**Braxton-Hicks Contractions** - Many expectant mothers may start to have periodic, mild uterine contractions. It is important to notify your provider **immediately** if you notice that these contractions become painful or are associated with bleeding or vaginal discharge, decreased movement of your baby, fever, painful urination, headaches or swelling of your face, hands or feet. These signs & symptoms may warn of preterm labor or another complication of pregnancy. You may call 342-2279 or come to the New Life Center if you can't reach your provider. It is a good idea to have the New Life Center number taped to your phone from now until delivery.