



FLINT

Antepartum Check List

32 WEEKS

Infant Feeding Plan - By now you have probably decided how you are going to feed your baby if all goes as planned. Please indicate your decision to your provider so that we can plan for your and your baby's care. If you have not yet decided, but are considering breast-feeding you can register for an informational Breast-feeding Class by calling 1-810-342-1000.

Family Planning Concerns - Now is the time to consider what form of contraception (birth control) is best suited for you after you deliver. The various options may be openly discussed with your care provider. Birth control pills may be started two weeks after delivery for those women who decide not to breast-feed. For breast-feeding women who still desire hormonal contraception, the minipill is available in addition to Depo Provera, an injectable contraceptive given once every three months. Of course, over-the-counter methods, including condoms, are readily available.

Male or female sterilization is another option. If this option is selected, it is appropriate to start planning for the procedure now to allow for a natural resumption of sexual activity.

Hospital Tour - If you intend to take the prenatal classes and have not yet signed up, you should do so as soon as possible. This series of five classes includes a tour of the labor and delivery floor. Familiarization of the labor and delivery suite may help reduce apprehension and anxiety and allow you to more fully appreciate their congenial atmosphere. Your tour also affords the opportunity to ask questions and learn what to expect during your hospital stay.

Work - Generally, you may continue your usual activity, including work, throughout pregnancy. Occasionally, special circumstances arise which may limit or prohibit you from working. Some women may prefer, if they have the option, to take maternity leave during the last week or few weeks of pregnancy. Every situation is different however and individual needs should be discussed with your own care provider.

Hospital Stay Planning - Effective January 1, 1998 a law was passed allowing new mothers having a vaginal delivery to stay in the hospital 48 hours, and those having a C-section to stay 96 hours. This law was passed to benefit those mothers who needed an extended postpartum stay. However, for mothers who do not feel they need the extended time in the hospital, and your provider agrees, a home care nurse can be sent out to your home if you choose to leave prior to the time allowed in the hospital. The nurse visits your home approximately 24-72 hours after discharge and does a complete assessment of you and your baby, reporting to your doctor as needed. This visit is set up at your convenience. If going home prior to the time allotted interests you, discuss this option with your provider and nurse.