



Prenatal Checklist

Laboratory location depends on Insurance. Location subject to change.

Ex: Aetna- Quest Laboratory Horizon BCBS, United, Cigna, AmeriHealth - our PMG Lab in office.

PLEASE NOTE: All Ultrasounds, Genetic Counseling & Genetic Screening will be done through **Maternal Fetal Medicine (MFM)**. There are 2 different MFM locations:

** Penn Medicine Princeton Medical Center (Hospital) MFM **609-853-7660**

Medical Arts Pavilion Suite 180 5 Plainsboro Rd Plainsboro, NJ 08536

** Cooper MFM- 10 Forrestal Rd. South, Suite 208, Princeton, NJ 08540 **609-921-2449**

First Trimester- Weeks 1 - 12

Initial Prenatal Labs

*OB Panel (blood type, Antibody screen, Complete blood count (CBC) , STD testing, HIV)

*Urine Culture

*Varicella, Measles & Mumps Titers

*Hemoglobin A1c

*Genetic Carrier Screening

*Toxoplasmosis screening- (If you have cats)

*Hemoglobin Electrophoresis

If on Thyroid Medication - Blood work (TSH, FT4) will be performed every 6-8 weeks

Initial Early Pregnancy Ultrasound

Flu Vaccine (recommended) during flu season (available at PMG Injection Room)

Before you leave the office after your first visit, **schedule 3 monthly Prenatal visits**
Visits will be every 4 weeks until 28 weeks at PMG.

12 week Ultrasound + Sequential Screening - Age 34 and under at time of delivery

** Performed at Maternal Fetal Medicine (See above)

1st Part- Blood work & Ultrasound (NT scan)

2nd Part- Blood work (16 weeks AFP- Neural Tube Defects)

12 week ultrasound + Non Invasive Prenatal Testing (NIPT) / cell free DNA

Recommended for Age 35 and over

** The first part (12 weeks) is performed at Maternal Fetal Medicine - Blood Work & Ultrasound

** At 16 weeks- Blood Work (msAFP- looking for “neural tube” defects) will be ordered through our office to be done at PMG lab or Quest depending on your insurance.

If you are considering invasive genetic testing (CVS / Amnio), please schedule Genetic Counseling at Maternal Fetal Medicine. This testing would be performed at MFM.



Second Trimester- Week 13 - 27

___ **20 - 22 week Anatomy Ultrasound** - Performed at Maternal Fetal Medicine

___ **26 - 28 week Blood Work** - CBC (blood count) & 1 hour Non-fasting Glucose Tolerance Test (Gestational Diabetes screening)

** This 1 hour test requires an appointment at our PMG lab or at Quest

** The glucose test is NOT fasting. However, it is not recommended to have juice, sweets, or a high carbohydrate meal immediately prior to the test.

**If your blood type is Rh Negative, an Antibody Screen will be done with the 26 - 28 week labs and Intramuscular RhoGAM will be given when results are completed.

You will be contacted by a nurse at PMG for your RhoGAM injection (available at our office).

*If your 1 hour Glucose Test is elevated (>135), you will be asked to return for a **FASTING** 3 hour Glucose Tolerance Test. This test has 4 blood draws (fasting, 1 hour, 2 hour, 3 hour)

Third Trimester- Week 28 - until delivery

___ Schedule visits with your PMG OB doctors **every 2 weeks** from 28 - 35 weeks

___ **Between 27 - 36 weeks, a TDAP Vaccine** is recommended (available at PMG Injection Room). This protects the baby from Whooping Cough (Pertussis).

___ **32 week Ultrasound at Maternal Fetal Medicine** for growth & position

** Age 35 and above or if indicated

___ **Schedule weekly visits at PMG starting at 36 weeks**

___ **35 - 36 week Blood Work** - CBC (blood count) & NJ State Mandated HIV test

___ **35 - 36 week Group B Strep (GBS) Vaginal Culture**

** Performed at PMG ObGyn office

Call 609-924-9300 if you think you are in labor to speak to the on call physician. The on call physician will notify the hospital if they decide to send you to labor & delivery. Please note, Labor & Delivery is located on 6 WEST (take the West Elevators). Park by the Emergency Room if you go to the hospital after 9 PM.



TO DO in your Third Trimester:

- ❑ Obtain **disability paperwork** from your employer or Human Resource Dept. Please make sure to notate your first day out of work on the form. Forms should be completed and submitted 2-3 weeks before the first day out of work. Forms can be emailed to medicalrecords@princetonmedicalgroup.com or submitted directly in the office
- ❑ Research **Family Leave** and see if the state you work in provides this for you and/ or your spouse for newborn bonding. This is available in NJ and NY. Family Leave forms do not need to be signed by your physician.
- ❑ **Pick a Pediatrician**
- ❑ **Order your breast pump** (a prescription for this will be provided by PMG ObGyn). A double electric pump is recommended. Contact your insurance company directly to see which vendor is covered by your insurance.
- ❑ Please e-mail, mail, or fax PennMedicine Princeton Medical Center **Hospital Registration form** along with a copy of your insurance card. The registration form can be found in the back of the prenatal folder, the hospital's website, or our PMG ObGyn website. The registration form provides information on how to submit that form.
- ❑ Decide if you would like to take a **birthing class or tour the maternity floor**. Birthing classes and hospital tours are offered at Princeton Medical Center. There is information about the hospital's community wellness classes on the hospital website and in the prenatal folder. <https://www.princetonhcs.org/community/whats-happening>
- ❑ If you are having a baby boy, please decide prior to going into labor if you would like the baby circumcised (removing the foreskin from the penis).



POSTPARTUM

___ **Schedule your postpartum visit** 6 weeks after delivery with your usual Ob Physician
** Please think about what you are planning on doing for **postpartum contraception** (birth control). This will be discussed at your postpartum visit.

___ Call the office if you have any of the following symptoms: fever >100.4 F, heavy bleeding, C-Section incision problems, or feelings of depression/ anxiety.

Patient Resources

The Fourth Trimester Project offers Postpartum Resources for families
<https://newmomhealth.com/>

Breastfeeding Support Group

1-888-897-8979

** Princeton Hospital Breast Health Center (East Windsor Medical Commons 2)
300 B Princeton-Hightstown Rd, East Windsor, NJ
** Hamilton Area YMCA John K. Rafferty Branch
1315 Whitehorse-Mercerville Road, Suite 100, Hamilton, NJ
No Registration Required. Check website for dates / times
<https://www.princetonhcs.org/community/whats-happening>

Trinity Counseling Services

609-924-0060

Postpartum Depression, Anxiety, Bereavement Counseling, Psychologists, Psychiatrists
<https://trinitycounseling.org/> 22 Stockton St, Princeton, NJ 08540
8:30am-9:00pm Monday-Thursday / 8:30am-5:00pm Friday
Accepts many insurance plans

Central Jersey Family Health Consortium (CJFHC)

732-937-5437

Postpartum Depression, Bereavement Counseling
<https://cjfhc.org/index.php/en/>
Monday - Friday 8:00am - 4:30pm
Early Intervention: 888-653-4463

Speak Up When You're Down

NJ Family Health Line / Postpartum Depression Helpline

1-800-328-3838

For Postpartum Depression information, insurance questions, treatment and support services.
24 hours a day / 7 days a week
<https://www.nj.gov/health/fhs/maternalchild/documents/PPD-brochure.pdf>