

PREGNANCY PLANNER (Check Off When Complete)

During Your Pregnancy:

- Schedule Family Birth Center Classes
- Pre-pregnancy Exam With Health Care Provider
- Explore Health Care Options, Insurance Coverage, Hospitals, Tours
- Select Hospital For Delivery
- Read Pregnancy, Child Development And Parenting Literature
- Schedule Perinatal Express Appointment (402.219.7000)
- Interview Health Care Provider For Baby
- Arrange For Child Care Options
- Contact Insurance Company And Pre-certify If Needed
- Explore Payment Options For Hospital Fees
- Prepare For Meals, Support Network And Holidays
- Pamper Yourself**, Rest, Take A Nap
- Buy Birth Announcements And Pre-address Them
- Explore Job Flexibility And Family Leave Options
- Make Infant Feeding Decision
- Consider Names

Postpartum:

- Schedule Parenting Classes
- Send Out Birth Announcements
- Make Time For Significant Other
- Breastfeeding Support / Electric Breast Pump Rental
- Home Health Visit
- Cleaning Service
- Postpartum Exercise
- Baptism
- Finalize Childcare Arrangements
- Talk To Baby / Read To Baby
- Contact Your Insurance Company To Add Baby To Your Policy

To Better Help You Through Your Pregnancy, We Recommend the Following Guidelines to Prepare for the Birth of Your Baby. Keep This Checklist Handy as You Move Through Your Stages of Pregnancy.

FIRST TRIMESTER – (MONTHS 1,2,3)

- _____ Review Enclosed Saint Elizabeth Family Birth Center Class Schedule
- _____ Call Saint Elizabeth Telephone Line To Care To Pre-Register. (402.219.7000)
- _____ Schedule A Tour If You Have Not Decided On A Hospital. (402.219.7000)

SECOND TRIMESTER – (MONTHS 4,5,6)

- _____ Schedule Your Perinatal Express Appointment. (402.219.7000)
- _____ Review Family Birth Center Classes Schedule, And Call To Register. Registration Recommended For Prepared Childbirth, Breastfeeding, Infant Care, and Another Baby Is Coming Soon. (402.219.7000)
- _____ Return ALL Hospital Registration Forms. We Recognize That Not All Of The Information Can Be Completed At This Time, But Please Return All Forms In The Enclosed Envelope.
- _____ If You Do Not Have Insurance, Please Call 402.219.7152 For Information On Our Self-Pay Pricing Plan.

THIRD TRIMESTER – (MONTHS 7,8,9)

By This Time You Should Have Done the Following:

- _____ Scheduled Your Perinatal Express Appointment.
- _____ Pre-certified With Your Insurance Company.
- _____ Scheduled Your Family Birth Center Classes.
- _____ Returned All of Your Hospital Registration Forms to Saint Elizabeth.
- _____ Selected a Doctor for Your Baby.

BABY ARRIVAL TIME

- _____ Prior to coming to the hospital, please call a Saint Elizabeth Labor & Delivery nurse at 219-7070 so we can anticipate your arrival.
- _____ Upon arriving at the hospital you can park in the parking garage 24 hours, 7 days a week or use the Emergency Room entrance if needed.

For Registration or Questions, Please Call Saint Elizabeth Telephone Line to Care at 402.219.7000