



Your Pregnancy Journey

First Steps

If you think you are pregnant, schedule an appointment with your health care provider to confirm your pregnancy. Prenatal care can be provided by an OB/GYN, a family doctor, a nurse practitioner, a physician assistant, a midwife, or a combination.

Find a Martin's Point Provider to support your and your baby's best health: (martinspoint.org/become-a-patient/find-a-provider)

The information in this document is not meant to be used in place of regular medical care, but as a guide about your maternity care.



Visit Frequency in a Healthy Pregnancy

Monthly	Every Two Weeks	Once a Week
Up to 28 weeks	Weeks 28 through 36	After 36 weeks



First Trimester—1 to 14 Weeks

Schedule your first prenatal appointment and then schedule your next appointments per your prenatal provider's recommendations. Save your provider's number in your phone.

At your first appointment, you'll find out your approximate due date and you may hear your baby's heartbeat.

Medications/Supplements/Vaccines. Find out:

Which of your current medications you should continue taking (Bring a current list to your appointment.)

What supplements you should be taking (e.g., prenatal vitamin, folic acid, iron, as applicable)

What vaccinations are recommended during pregnancy

Tests/Labs. Find out:

If/when you will have a confirmation ultrasound to learn more details about your pregnancy

What labs you need and get them scheduled (e.g., Pap smear, culture test for STIs, blood tests for anemia, syphilis, blood type and Rh factor, hepatitis B, HIV, and tests based on your personal history) and learn about the results

If/when genetic testing is recommended for you

Nutrition/General Health during Pregnancy. Talk to your provider about:

Healthy foods and hydration

Avoiding alcohol, drugs, and certain foods

Healthy physical activity, exercise, and normal weight gain

Seeing a dentist

Taking care of your mental health

Ways to quit if you are a smoker

It's Time to Learn and Prepare. Learn about:

Normal first trimester pregnancy signs and warning signs

Classes being offered during pregnancy

Options on where you can give birth (hospital, birth center, home)

Find out if you qualify for help with getting nutritious food through the federal WIC program at fns.usda.gov/wic

How to take good care of yourself and your growing baby



Second Trimester—15 to 27 Weeks

Tests/Labs. Schedule these:

Ultrasound “anatomy scan” between 18–20 weeks

Glucose tolerance test (gestational diabetes testing) between 26–28 weeks (may be done sooner or more often) _____

Rhogam injection if you have an Rh negative blood type _____

Health and Safety during Pregnancy. Talk to your provider about:

Safe ways to travel during pregnancy and how to wear your seatbelt correctly

Continuing to take care of your mental health

It’s Time to Learn and Prepare. Learn about:

Normal second trimester pregnancy signs and warning signs, including signs of preterm labor

Feeling your baby’s movements

Braxton Hicks contractions

Breast and bottle feeding

How to take good care of yourself and your growing baby

Starting to Get Ready for Your Baby’s Arrival

Start looking for health care providers for your baby. Find a Martin’s Point Provider

(martinspoint.org/become-a-patient/find-a-provider)

Learn where you can get a car safety seat for your baby

Register for a breast-feeding class, if interested

Register for prenatal classes

Register for child/infant CPR class or heart saver class



Third Trimester—28 Weeks to Delivery

Tests/Labs. Find out:

Results of your glucose tolerance test (diabetes screen) _____

About group B strep testing and schedule it between 35–40 weeks _____

Health and Safety during Pregnancy. Talk to your provider about:

Safe ways to travel during pregnancy and how to wear your seatbelt correctly

Mental health during pregnancy and after delivery.

It's Time to Learn and Prepare. Learn about:

Normal third trimester pregnancy signs and warning signs and complications, including signs of preterm labor

Reasons to go to the hospital

Your baby's kick counts

Labor stages and what to expect, possible complications, C-sections, and pain management

Decide if you want to make birth plan or communicate your birth preferences

Breast and bottle feeding

Circumcision and decide if you want this for your baby

Attend prenatal classes

Look into local postpartum support groups or mom groups

What to expect physically after delivery

Birth control after delivery

Newborn care



Getting Ready for Your Baby's Arrival

Register with the hospital and note their phone number if giving birth there

Find out if tours of the hospital are available

Pack your bags for the hospital, even if you plan on a homebirth

Install your baby's car seat

Prepare where baby will sleep: Safe Sleep for Your Baby (dhhs.nh.gov/search?keys=sleeping+safe+baby)

Decide on and contact health care providers for your baby. Find a Martin's Point Provider (martinspoint.org/become-a-patient/find-a-provider)

If planning to breastfeed, register for a class, learn about area lactation support, and get a breast pump (Martin's Point health plan members may be able to use your benefit)

Register for child/infant CPR or heart saver class

Consider signing up for parenting classes

Vaccinations during Pregnancy

CDC website: Vaccines During and After Pregnancy | CDC (cdc.gov/vaccines-pregnancy/moms-to-be/index.html)

During week 27 through 36:

- Whooping cough aka Td/Tdap (tetanus, diphtheria toxoids and acellular pertussis)

By the end of October:

- Influenza/flu vaccine

Anytime during pregnancy:

- COVID-19

Consult with your provider about these:

- Hepatitis A and B
- Travel Vaccines

Vaccines for Family and Caregivers

cdc.gov/vaccines/pregnancy/family-caregivers.html

- Tdap, Flu, Covid-19