**Your Third Trimester To-Do List**

* Register at Prentice Women’s hospital online. It’s easy to find their website on Google. There is an online form, plus additional paper forms to print and fill out.
* Register for the Great Expectations class, hospital tour, and baby CPR class through the Prentice website. I recommend these classes for all first-time parents, or if it’s been several years since your last baby was born.
* Submit your FMLA or disability paperwork to our front desk staff (small fee).
* Get a breast pump prescription from your doctor; submit this to your insurance.
* Pick a pediatrician; check our website for recommended local groups. Call their office to see if they want to meet you before the delivery.
* Decide if you want cord blood banking. We recommend CBR or ViaCord. Get your cord blood kit by 36-37 weeks.
* Due for tdap vaccine (whooping cough vaccine) during the 3rd trimester. Anyone who will be taking care of the baby needs to make sure their tdap vaccine is up to date.
* Due for RhoGAM at 28 weeks only if your blood type is Negative.
* If you have a baby shower, we recommend doing this before 36-37 weeks.
* Try to get everything ready for the baby by 36-37 weeks, including nursery, car seat, etc.
* Get the Mayo Clinic’s “Guide to Your Baby’s First Year” or “What to Expect During Your First Year”
* Stop traveling by 32 weeks.
* Sleep on your side, left or right. Do not sleep flat on your back.
* Call us immediately (312-440-9400) if you notice a decrease in the baby’s movement that lasts for 4-6 hours and does not improve when you eat or drink something.
* Call us immediately (312-440-9400) if you have painful contractions every 5-10 minutes for at least 2 hours, any leaking vaginal fluid, any vaginal bleeding before 37 weeks, or if you fall or hurt yourself.