OB CHECKLIST

☐ 8 – 12 WEEKS
Pre-natal blood work: CBC, Hepatitis B, Rubella, RPR, blood type, HIV, cystic fibrosis (if indicated), Tay Sachs (if indicated)
Urinalysis, urine culture
Pap smear/pelvic exam, gonorrhea, chlamydia

☐ 11 WEEKS, 2 DAYS – 13 WEEKS, 6 DAYS
First trimester genetic screening (if desired): This is a screening test used to determine which pregnancies are at a higher chance to be affected with three of the most common chromosome abnormalities. This test screens for Down syndrome, Trisomy 18 and Trisomy 13.

☐ 15 – 20 WEEKS
Maternal serum AFP screens for open neural tube defects

☐ 18 – 20 WEEKS
Full fetal survey (ultrasound)

☐ 24 – 28 WEEKS
Glucose screening for gestational diabetes and CBC

☐ 30 WEEKS ON
TDAP vaccine

☐ 36 WEEKS
Group B Strep culture

Your visits will be scheduled every 4 weeks until 28 weeks, then every 2 weeks until 36 weeks, and weekly until delivery.
# Medication Use During Pregnancy

During pregnancy, it is common to experience heartburn, constipation, colds and other types of infections (yeast, urinary tract, gingivitis) as well as day-to-day symptoms like hay fever or seasonal allergies.

Listed below are some common medications approved for use in pregnancy, mostly over-the-counter drugs. *This list is only a start.* You can tell us if you have any questions about medication use during pregnancy.

There is no need to buy brand names – look for the store brand and save some money!

## Allergy
- Benadryl
- Claritin
- Zyrtec

## Sleep
- Benadryl
- Tylenol PM

## Cold/Sore Throat Symptoms
- Robitussin
- Robitussin DM
- Sudafed
- Tylenol Cold
- Chloraseptic Spray

## Diarrhea
- Imodium (limited use)

## Pain Relief
- Tylenol (acetaminophen)

## Nausea and Vomiting
- Vitamin B6 25mg 3x/day
- Unisom 25mg 3x/day (doxylamine)
- Dramamine (dimenhydrinate)
- Antevert (meclizine)

## Yeast Treatment
- Monistat (miconazole)
- Gyne-lotrimin ( clotrimazole)
- Terazol (terconazole)

## Antacids
- Tums/Rolaids
- Mylanta/Maalox
- Zantac
- Pepcid AC

## Constipation/Hemorrhoids
- Colace 50 – 100mg (docusate sodium)
- Metamucil/Fibercon, etc.
- Mira-Lax
- Milk of Magnesia
- Preparation H
- Tucks Pads (witch hazel)

## Antibiotics
- Amoxicillin
- Penicillin
- Erythromycin
- Azithromycin (Z pack)
- Macrobid (nitrofuratoin)
- Ampicillin
- Cephalexin

## Sinus Needs
- Saline nasal spray/rinse
- Flonase (fluticasone)
- Netipot

## Medications You Should Not Take
- Petpo-Bismol
- Aspirin
- Ibuprofen/Advil/Motrin
- Naproxyn (Aleve)
- Bactrim (antibiotic)
- Retin-A (for acne)
- Narcotics (without checking with your medical provider)