

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

Immodium (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/Roloids
Mylanta/Maalox
Zantac
Pepcid AC

Nexium
Prilosec

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 (nitrofurantoin)
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)