



DoulaDoc

The “Informed Pregnancy” Prenatal Checklist

A confidence-building guide you can actually use





1. First Trimester Foundations (Weeks 4–13)

What to expect: Typically appointments start between 8–12 weeks and are scheduled once a month. They may or may not include an ultrasound.

Focus: Understanding, Not Perfection

- Confirm pregnancy, check with a provider regarding any medications that you are on
- Understand your prenatal care options (OB, Midwife, Family Practice)
- Set up your first prenatal appointment
- Learn what tests are recommended
- Ask about genetic screening tests that are offered
- Start a questions list for appointments
- Identify reliable sources of pregnancy info
- Ask about medications that are safe in pregnancy particularly over the counter remedies for 1st trimester common discomforts like nausea and constipation

✦ This trimester is about orientation, not mastery.





2. Second Trimester Clarity (Weeks 14–27)

What to expect: Typically appointments are still once a month and include a check of your vital signs (Blood pressure, heart rate, weight) and check on baby's heart rate with a handheld doppler.

Focus: Informed Decision-Making

- Anatomy scan - Typically occurs between 18-22 weeks. This is an ultrasound to evaluate the baby's anatomy and looks at the placenta and cervix.
- After 20 weeks, your provider may use a tape measure to monitor the growth of baby. This measurement goes from your pubic bone to the top of the uterus (fundus).
- This is a great phase of pregnancy to refocus on health habits for nutrition, movement, and rest
- If you are considering a Doula, this is typically when you want to start looking for a Doula so that you have time to get to know each other before labor/birth.

✨ Reframe: “You don't need to memorize everything—you need context.”





3. Third Trimester Preparation (Weeks 28–40+)

What to expect: Appointments typically increase to be every 2 weeks. Your provider will monitor your vital signs. If you have other risk factors, appointments may be more frequent - even twice a week. You may or may not have another ultrasound in your third trimester.

Focus: Confidence + Advocacy

- Your provider will continue to monitor your vital signs, check baby's heartbeat with a handheld doppler, and track baby's growth by measuring your fundal height (top of your uterus).
- Third trimester testing includes testing for gestational diabetes around 28 weeks. Talk to your provider about your options for testing. They may also test for anemia. Ask your provider what they are testing for.
- Vaccinations that are recommended in the 3rd trimester: Tdap, RSV (seasonal)
- Consider a labor or birth preparation class. Your provider/hospital may offer one.
- Look into a pediatrician
- Around 35-36 weeks, your provider will talk to you about testing for GBS (Group Beta Streptococcus)
- Ask about common labor interventions + alternatives
- Appointments often increase to weekly around 36 weeks

✨ Key message: "Preparation is about flexibility, not control."





Appointment Confidence Checklist

Take time to consider before any prenatal visit

- What is the purpose of today's visit?
 - What decisions might come up?
 - What questions do I have?
 - What information do I need to feel comfortable moving forward?
 - Do I understand my options and choices?
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Gentle Reminders

- You are allowed to ask for explanations
- You are allowed to take time to decide
- Asking questions, asking for clarification or asking for alternatives does not make you “difficult”
- Confidence is built, not innate

