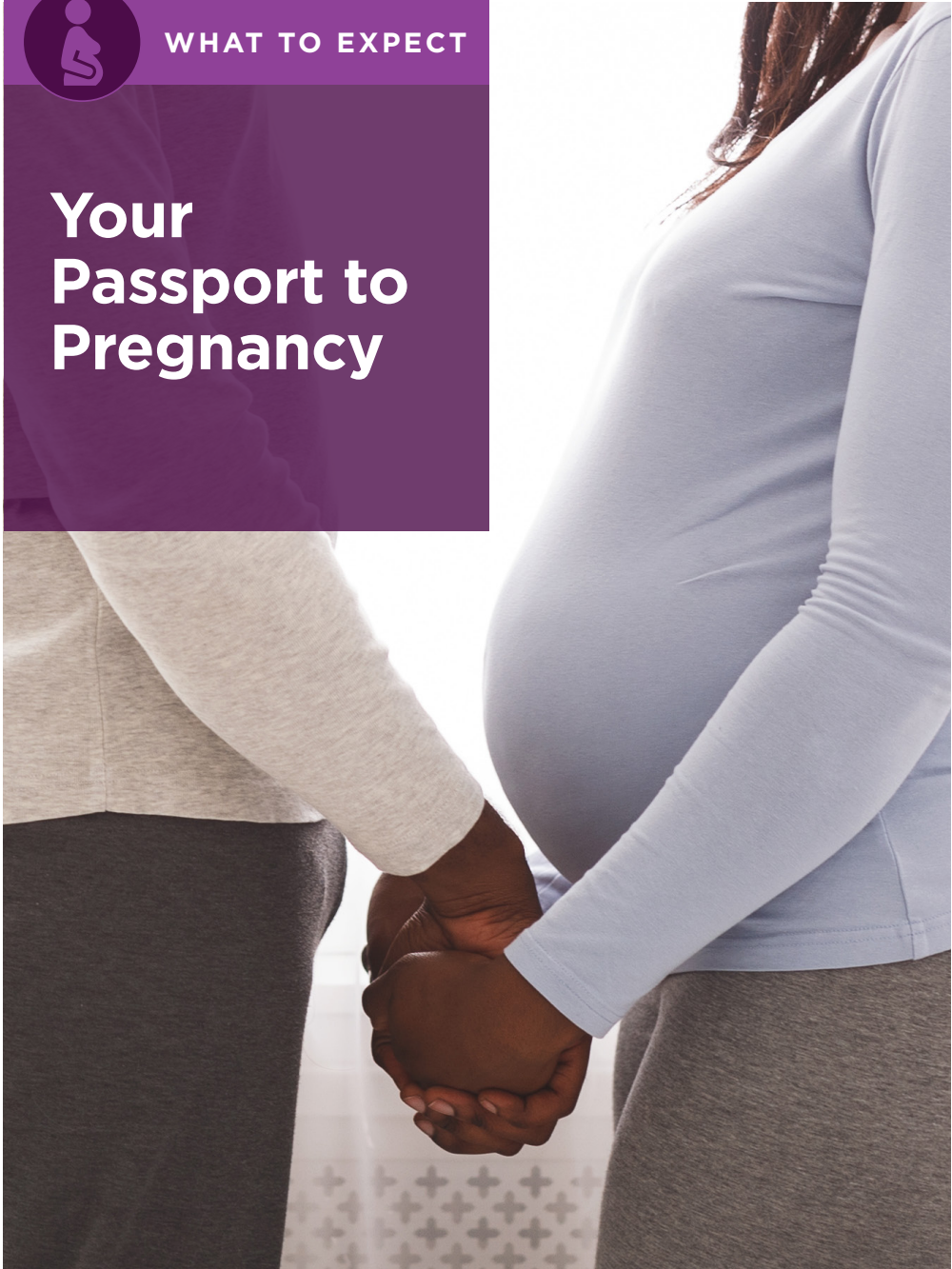




WHAT TO EXPECT

Your Passport to Pregnancy



UPMC | **MAGEE-WOMENS**

Introduction

Your plan of care was created with you in mind, based on best practices and our years of experience partnering with women during this special time of life. Our proven approach combines state-of-the-art maternity care, a mix of in-person and video visits, the latest research, and a network of personal support focused fully on you and your baby.

Table of Contents

Introduction.....	Inside Front Cover
Knowing What to Expect	2
Your Pregnancy Calendar.....	2
Key Sources of Education	2
Your Visit Schedule	3
1st Trimester	4
2nd Trimester	5
3rd Trimester.....	6
Day of Delivery	7
After Your Delivery	7
4th Trimester.....	8
Notes	9

Knowing What to Expect

We want to involve you in every part of your prenatal care. Your plan includes one-on-one visits with your doctor, midwife, or advanced practice provider as well as educational resources to guide you through your pregnancy. Our team-based approach lets you know what to expect when you're expecting — every step of the way.

Your Pregnancy Calendar

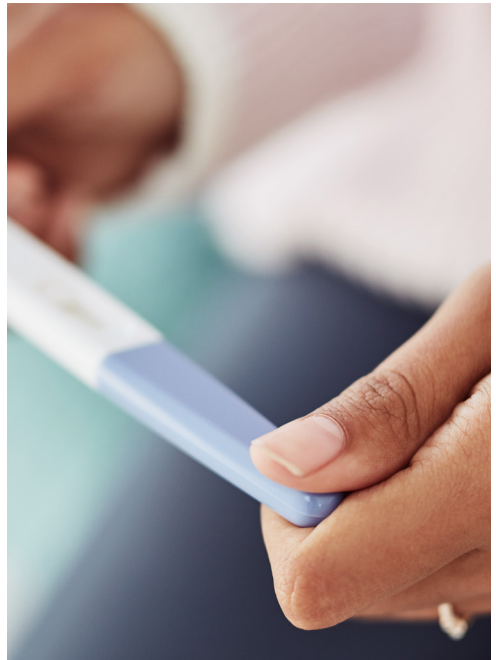
Your one-on-one provider visits will focus on you — the issues you are having and information you need to make decisions that are right for your pregnancy. Each visit will include a check to look at the health of you and your baby.

While every pregnancy is different, this booklet will provide you with a timeline of what to expect for your pregnancy experience. You may need to

have a different visit schedule or testing depending on your condition. We encourage you to check with your insurance provider to see what tests will be covered.

Key Sources of Education:

- **Patient Portal**
- **UPMC OB printed materials**
- **In-person or virtual prenatal classes**
- **UPMC.com**



Your Visit Schedule

Weeks	Visit Type	
Around time of scheduling	Orientation	
5-10 weeks		In Office Visit
11-16 weeks		In Office Visit
18-22 weeks		Video Visit
24-28 weeks		In Office Visit
30-32 weeks		Video Visit
32-34 weeks		In Office Visit
34-36 weeks		Video Visit
36 weeks		In Office Visit
37 weeks		Video Visit
38 weeks		In Office Visit
39 weeks		In Office Visit
40 weeks		In Office Visit
41 weeks		In Office Visit
2 weeks After Delivery		Video Visit
6 weeks After Delivery	 	In Office Visit or Video Visit, if needed



1st Trimester



5-10 Weeks — In Office Visit



11-16 Weeks — In Office Visit

To-Do List

- Register for classes and sign-up for a hospital tour at **UPMC.com/Classes**
- Sign-up for your UPMC patient portal by going to **UPMC.com/PatientPortals**
- Have routine blood and urine testing
- Have a genetic screening (if desired)
- Have an ultrasound

2nd Trimester



18-22 Weeks — Video Visit



24-28 Weeks — In Office Visit

To-Do List

- Consider cord blood donation
- Develop your birth plan
- Have a screening for diabetes during pregnancy (gestational diabetes)
- Have an ultrasound
- Get the flu/Tdap vaccine
- Review important 2nd trimester education in your UPMC patient portal





3rd Trimester



30-32 Weeks — Video Visit



32-34 Weeks — In Office Visit



34-36 Weeks — Video Visit



36 Weeks — In Office Visit



37 Weeks — Video Visit

To-Do List

- Discuss birth plan and introduce recovery-based milestones
- Choose and meet with your baby's doctor
- Pack your hospital bag
- Safely install a car seat into your car
- Arrange childcare if you have other children
- Have a Group B strep test (GBS)
- Review important 3rd trimester education in your UPMC patient portal

Day of Delivery

The day of delivery is different for everyone. You may come in for labor, have an induction of labor, or a planned C-section. Your provider will give you special instructions to help you prepare for the day of delivery.

After Your Delivery



Your Hospital Stay After Delivery

Congratulations on the birth of your baby!

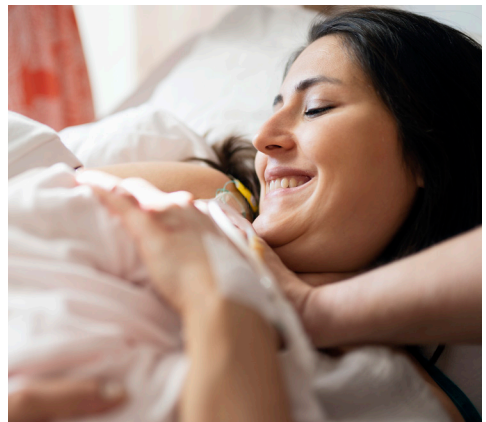
What to Expect in the Hospital After Your Delivery

- You will watch educational videos about preventing Shaken Baby Syndrome and Sudden Infant Death Syndrome and will be given printed discharge instructions specific to your care needs.
- You will learn more about breastfeeding/chestfeeding and receive expert assistance as needed.
- You will receive routine blood testing.

- We welcome 1 support person to stay with you overnight.

What to Expect in the Hospital for Your Baby

- Your baby will receive a hepatitis B vaccine and routine medicines and testing to keep them healthy.
- Your baby will be seen by a doctor.
- If you have a baby boy, you can choose to have him circumcised.
- To support successful feeding, UPMC does not provide pacifiers. If you would like your baby to use a pacifier, you may bring one from home.





4th Trimester



2-3 Days After You Leave the Hospital — Baby's Provider Visit



2 Weeks After Delivery — Video Visit



6 Weeks After Delivery — In Office Visit or Video Visit, if needed

To-Do List

- Check with your insurance provider to see if you are eligible to receive a breast pump.
- Get rest when you can.
- Keep track of how you are feeling and let your provider know if you are experiencing feelings of depression or anxiety.
- Wear the purple “I Delivered” bracelet that you received in the hospital. In case of a medical emergency, this bracelet lets care providers, and those around you, know that you recently had a baby.
- Schedule follow-up visits for you and your baby.

You may be able to leave the hospital anywhere between 24 to 72 hours after delivery. Your care team will review recovery-based milestones with you during your stay to determine when you and your baby are ready to leave.



When you leave the hospital, you may receive a follow-up phone call from a UPMC childbirth expert. Please let us know how you are doing. **We are here to answer any questions you may have.**

Notes



View your health information
by logging on to your UPMC patient portal.

For More Education About Your Pregnancy Experience

Your care team at UPMC has given you the essential education topics they would like for you to learn during your pregnancy. In addition to these topics, much more is available to you as a UPMC patient.

Talk to your care team for other education recommendations, or visit our website:

- **[UPMC.com/Classes](https://www.upmc.com/classes)**
- **[UPMC.com/HealthLibrary](https://www.upmc.com/healthlibrary)**

Thank you for choosing UPMC for your pregnancy care.

UPMC is an equal opportunity employer. UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, gender expression, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.