



WHAT TO EXPECT

Your Passport to Pregnancy



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 MyUPMC Video Visits, the latest research, and a network of personal support focused fully on you and your baby.

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Knowing What to Expect

We want to involve you in every part of your prenatal care. Your plan combines one-on-one visits with your doctor, midwife, or advanced practice provider with options for education that will help guide you through your pregnancy experience. Our team-based approach lets you know what to expect when you're expecting — every step of the way.

Your Pregnancy Calendar

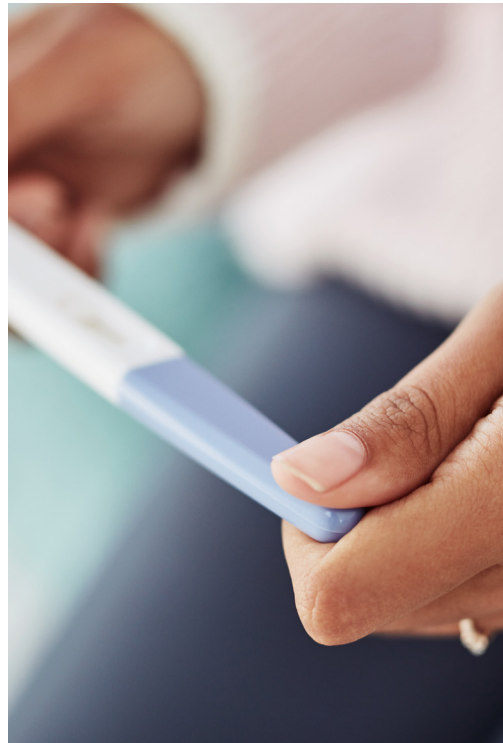
Your one-on-one provider visits will focus on you — the issues you are having and information you need to make decisions that are right for your pregnancy. Each visit will include a one-on-one check to look at the health of you and your baby.

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:

- **MyUPMC App**
- **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		MyUPMC Video Visit
24-28 weeks		In Office Visit
30-32 weeks		MyUPMC Video Visit
32-34 weeks		In Office Visit
34-36 weeks		MyUPMC Video Visit
36 weeks		In Office Visit
37 weeks		MyUPMC 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		MyUPMC Video Visit
6 weeks After Delivery	 	In Office Visit or MyUPMC 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 MyUPMC by going to **MyUPMC.com**
- Have routine blood and urine testing
- Have a genetic screening (if desired)
- Have an ultrasound

2nd Trimester

 18-22 Weeks — MyUPMC 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
- See the information provided to you through MyUPMC app for important 2nd trimester education





3rd Trimester



30-32 Weeks — MyUPMC Video Visit



32-34 Weeks — In Office Visit



34-36 Weeks — MyUPMC Video Visit



36 Weeks — In Office Visit



37 Weeks — MyUPMC Video Visit

To-Do List

- Discuss birth plan and length of hospital stay with your provider
- 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)
- See the information provided to you through MyUPMC app for important 3rd trimester education

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.

- 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 him or her healthy.
- Your baby will be seen by a doctor.
- If you have a baby boy, he may be circumcised (only if you choose circumcision).

After Your Delivery

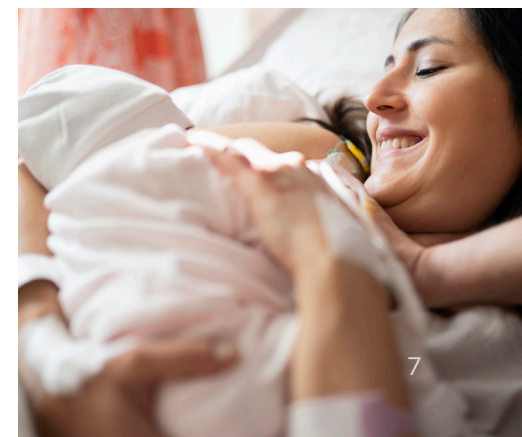


Your Hospital Stay After Delivery

Congratulations on the birth of your baby!

What to Expect in the Hospital After Your Delivery

- You will watch educational videos (prevention of 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 and receive expert assistance as needed.
- You will receive routine blood testing.
- To support successful feeding, UPMC does not provide pacifiers in our postpartum (after delivery) units. If you would like your baby to use a pacifier, you may bring one from home.





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.**

4th Trimester



2-3 Days After You Go Home From the Hospital – Baby’s Provider Visit



2 Weeks After Delivery – MyUPMC Video Visit



6 Weeks After Delivery – Mom’s Visit In Office or MyUPMC 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 this hospital. In case of a medical emergency, this bracelet lets care providers 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 24-72 hours after delivery. Talk with your care team to see when you will be ready to go home.

Notes



View your health information
by logging on to **MyUPMC.com**.

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.