

Your Prenatal Care Timeline

1st Trimester

- **8-12 weeks** - Initial prenatal visit
 - Viability ultrasound and **initial prenatal labs**
- **10-14 weeks**
 - Decide if you want genetic testing - **Carrier Screening** and noninvasive prenatal testing (**NIPT**)
- ***COVID-19 Booster Vaccine and Flu Vaccine*** (*recommended, and safe, at any time during your pregnancy*)

2nd Trimester

- 16 - 18 weeks: **AFP** lab test
- 20 weeks: **Anatomy Ultrasound**

3rd Trimester

- Sign up for **prenatal classes** (access Parent Education classes on GBMC.org or TowsonOBGyn.com)
 - **We highly recommend the *infant CPR class*****
- Decide on a **pediatrician** (*we have a list of area providers if you need recommendations at TowsonOBGyn.com*)
 - **Must have a pediatrician by the time you deliver****
- Decide about cord blood banking
- **26-28 weeks: Glucose lab test** (no fasting required)
- **28-30 weeks:** breast pump prescription
- **27-36 weeks:** Get **TDaP** vaccine at your local pharmacy
- **36 weeks:**
 - **Growth ultrasound**
 - Group B Strep (**GBS**) test
 - 36-week informational packet with information on labor and delivery