



# PREGNANCY ROADMAP

Welcome, friend! Check out this general timeline to help plot your course through this exciting journey. While it's intended to help you plan and organize, just know, there may be slight variations based on your unique situation, needs, preferences, and place of prenatal care.

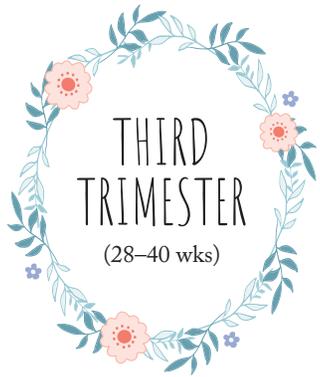


## TIMELINE NOTES

\* Denotes optional prenatal screening and testing

**First and Second Trimesters:** prenatal appointments generally every month.

See *To Carry Wonder* book for references.



**36 WEEKS**  
Complete maternity leave paperwork.

**36-37 WEEKS**  
Get screened for Group B *Streptococcus* (GBS) via a vaginal/rectal swab.<sup>11-14</sup>

**30 WEEKS**  
Start planning maternity leave.

**35 WEEKS**  
Belly is in full bloom! Great time to get those maternity photos.

**37-38 WEEKS**  
Baby is early term.



**27-36 WEEKS**  
Get Tdap vaccine (a combination vaccine that protects against whooping cough).<sup>6-9</sup>

**39 WEEKS**  
Baby is full term! Scheduled Cesarean births occur, as well as some labor inductions.



— Baby — Mom — Things to do

From here on: Days are filled with joy, beauty, exhaustion, and challenges.

**4-12 WEEKS**  
Take a follow-up glucose test if you had gestational diabetes.<sup>4</sup>

**DAY 3-5**  
Mature milk comes in for most.

**4 WEEKS**  
You may ovulate if not breastfeeding.



**1-2 WEEKS**  
“Baby blues” often occur. Consider mental wellness check-ins with a maternity care or mental health provider through the first year after birth.

**6 WEEKS**  
Some body systems return to prepregnancy; many women start birth control.

**8 WEEKS**  
Lochia discharge normally ends now if it hasn't already.

**TIMELINE NOTES**

**Third Trimester:** prenatal appointments may be more frequent (such as every 2-3 weeks between weeks 28 and 36, and weekly from week 36 to delivery).

**Anytime:** Optional cell-free DNA blood test can be done throughout pregnancy, as early as 9 weeks.<sup>1</sup>

If you're not immune to chickenpox or rubella, talk to your maternity care provider about getting the respective varicella or MMR vaccines.

An annual inactivated flu vaccine is recommended to protect against serious illness and is especially recommended if pregnant during flu season. It can be given anytime during pregnancy.<sup>9,15,16</sup>

**TIMELINE NOTES**

**Fourth Trimester:** postpartum visit will be based on your needs, perhaps 4-6 weeks after delivery, sooner if you had a Cesarean birth, or pregnancy or labor complications.<sup>14</sup>