



Inception Lifebank

CANADA'S #1 CORD BLOOD PROGRAM



Pregnancy Checklist

Pre-Pregnancy

- Visit your health care provider to discuss your plans.
- Discuss the benefits of taking folic acid and prenatal vitamins with your health care provider before you get pregnant.
- Visit a registered dietitian if you are concerned about your current diet, if you are underweight or overweight, or if you are a teenager.
 - » If you drink alcohol, smoke cigarettes, or use recreational drugs, consider abstaining or contact the Motherisk unit at Hospital for Sick Children www.motherisk.org/women/alcohol.jsp.
- Schedule regular eye and dental exams. Inform your dentist you are trying to get pregnant and use a lead apron if required for x-rays.
- Inform your dentist that you are trying to get pregnant

1st Trimester

Month 1

- Decide who is going to be your primary care provider for your pregnancy and birth. Will it be your family doctor, an obstetrician or a midwife?
- Determine your due date with your doctor or midwife, based on your last menstrual period or a dating ultrasound
- Decide on early genetic testing if desired and schedule your first prenatal appointment at the end of the first trimester.
- For information about morning sickness and how to treat it, contact Motherisk's nausea and vomiting clinic at The Hospital for Sick Children at 1-800-436-8477 (Monday through Friday, 9 a.m to 5 p.m. EST) or www.motherisk.org/women/morningSickness.jsp.
- Maintain adequate fluid hydration.
- To learn about safe medications during pregnancy, consult with your doctor or contact Motherisk at The Hospital for Sick Children www.motherisk.org/women/drugs.jsp.

Month 2

- Start doing Kegel exercises.
- Adjust your diet to ensure adequate nutrition for you and your growing baby, using Canada's Food Guide or visit a prenatal dietitian.
- Discuss available optional prenatal tests with your primary care provider.



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Month 3

- Discuss common discomforts like morning sickness, gas, frequent urination and other discomforts with your primary care provider.
- Discuss continuing or starting regular exercise with your primary care provider or contact the Exercise & Pregnancy Helpline at 1-800-937-7678.
- Consider signing up for prenatal exercise classes or prenatal yoga classes. Your body is changing to support the pregnancy, which can mean some aches and pains. Consider massage therapy to help and contact your provincial Registered Massage Therapists' Association to find a massage therapist in your area.
- Start jotting down potential baby names.
- Learn about the benefits of banking your baby's Cord Blood stem cells with Inception Lifebank at www.inception.com.

2nd Trimester

Month 4

- Make a budget for your baby's room.
- Plan for expenses after the baby is born, make a budget, and start saving.
- Shop for maternity clothes.
- Begin researching pediatricians if your family physician does not care for infants.
- Sign up early for prenatal classes and an infant CPR class in order to guarantee a class section in your third trimester.
- Try using more pillows to make sleep more comfortable.

Month 5

- Find out about your company's maternity and paternity leave policies and inform your employer.
- Research childcare options.
- Discuss parenting styles with your partner.
- Educate yourself about Cord Blood Banking. Book an online or in person Cord Blood Parent Education Session at www.inception.com/education-sessions.

Month 6

- If you are experiencing vision changes, report this immediately to your health care provider.
- Learn about the signs of preterm labour.
- Find out ways to manage discomforts associated with varicose veins.
- Begin planning your maternity leave details.



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3rd trimester

Month 7

- Contact Dona.org if you plan to have doula assistance for labour and/or postpartum support.
- Be Cord Blood Ready. Register and receive your Inception Lifebank Cord Blood Collection Kit at www.inception.com/register.
- Tour the hospital birthing unit 6 weeks prior to your due date.
- Decide who will be with you in the hospital/delivery room.
- Buy a crib and mattress.
- Buy a stroller.
- Research feeding options.
- Wash any new baby clothes.

Month 8

- Begin preparing your nursery.
- Buy car seat and have it installed correctly.
- Register for Cord Blood Banking if you have not yet done so at www.inception.com/register.
- Buy diaper bag and essentials for changing the baby.
- Pack a hospital bag - check with the hospital what to bring or refer to our helpful [Hospital Checklist](#).
- Buy a nursing bra or two.

Month 9

- Get familiar with your Inception Lifebank Collection Kit.
- Research the vaccines your baby will need.
- Narrow down your baby names.
- Learn to recognize the difference between Braxton Hicks contractions and regular labour contractions.
- Prepare for labour and find out what your baby's position means for the delivery process.



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At the Hospital

- Inform your care provider about your Cord Blood banking decision.
- Speak with your nurse about pain management in the postpartum period, if required.
- Ensure you have completed the teaching checklist with your nurse so you will be comfortable taking care of your baby when you get home.
- Know what postpartum blues are and have contact information for mental health providers in case you need to find help.
- Make your baby's doctor appointment within 48 hours of going home.

At Home

- Need help breastfeeding? Help is available from:
 - » Your hospital's lactation clinic.
 - » Your local Public Health Department.
 - » A private lactation consultant.
- Rest when you can and enjoy this wonderful experience called parenthood!**