

Welcome to the THIRD TRIMESTER

There is a lot to do and consider in the next several months, but this checklist should help.

PIEDMONT: www.piedmonthospital.org

- Pre-register at Piedmont: either visit Admissions desk on first floor/front lobby, or online.
- Piedmont Tour: sign up online, and meet in 2nd floor lobby of 77 Building. With the construction in process, we also recommend you plan out your route to the hospital entrance.

CLASSES

If it is your first pregnancy, we recommend childbirth, breastfeeding, and parenting classes. Resources for these are available in the attached brochures.

OTHER CONSIDERATIONS

- There are many different options for cord blood - both public donation through the Cleveland Cord Blood program, and private cord blood banking through multiple different banks. Talk to your provider if you are interested in more information regarding donating or banking your baby's cord blood.
- Making a birth plan is not required, but we do encourage you to think about your goals for labor, delivery, and the early postpartum period, including:
 - Who would you like to be present for labor and delivery?
 - Thoughts about pain management, including IV and epidural anesthesia?
 - If you are having a boy, would you like the baby to be circumcised?
- Who is your pediatrician, and are they affiliated with Piedmont Hospital? If you need help with your search, we do have a list of providers in the area.