

# PREGNANCY CHECKLIST

(Taken from <https://www.rexhealth.com/app/files/public/4456/pdf-rex-birth-pregnancypacket.pdf>)

## FIRST TRIMESTER

- Download the FREE UNC Rex Pregnancy and Baby App from the Apple or Android app store
- Sign up for the FREE Pregnancy and Parenting Newsletter at [RexHealth.com](http://RexHealth.com)
- Sign a release of records for any pertinent previous surgeries  
(i.e. C-section operative reports) if done with different providers of another OBGYN clinic
- Check insurance coverage for maternity benefits and adding a newborn
- Eat healthy!
- Participate in moderate exercise at least 5x/week

## SECOND TRIMESTER

- Register for childbirth classes. For a complete list of classes and to register online, visit [RexHealth.com](http://RexHealth.com)
- Choose a pediatrician (We have a list categorized by geographic location that we can provide you)

## THIRD TRIMESTER

- Take your childbirth classes that you already registered for
- Tour Rex Women's Center as needed
- Throw a baby shower!
- Arrange for help at home after the baby is born
- Purchase a nursing bra
- Discuss your birth experience options with your providers
- Install a child safety seat and have the installation checked by a certified child passenger safety technician (such as that provided by Rex)
- Assemble crib, changing table, nursery
- Pack your labor and postpartum bags

## WHAT SHOULD I PACK IN MY...

### LABOR BAG?

- Driver's license and insurance card
- Robe and slippers
- Warm socks
- Snacks/drinks for your partner
- Books/magazines/laptop/iPad
- Camera with spare battery/charger
- Phone charger

### POSTPARTUM BAG

- Nursing gown/bra
- Pajamas
- Toiletries (Shampoo, conditioner, face wash, lotion, soap)
- Hairbrush
- Gift for sibling from the new baby
- Baby outfits
- Receiving blankets