



Carson Medical Group

THIRD TRIMESTER

CHECKLIST



Scan QR code for more information!

775.883.3636

CARSONMEDICALGROUP.COM

Almost there!

Third



Trimester



- PICK UP YOUR COMPLETED MATERNITY LEAVE FORMS
- DISCUSS BIRTH QUESTIONS OR CONCERNS WITH YOUR PHYSICIAN
- PACK YOUR HOSPITAL BAG
- THINK ABOUT WHO YOU WANT ON YOUR POSTPARTUM CARE TEAM
- READ ABOUT AND DISCUSS SIGNS OF POSTPARTUM DEPRESSION WITH YOUR TEAM
- TALK WITH YOUR PHYSICIAN AND SELECT POSTPARTUM BIRTH CONTROL IF DESIRED
- LEARN ABOUT BABY'S FIRST TESTS IN THE HOSPITAL



For more details about completing the above, scan the QR code