

From Inova Children's: Third Trimester Checklist

Below are a few reminders to ensure a safe and healthy arrival for you and baby:

- **Get your maternal vaccines.** This includes TDAP (and if seasonally appropriate, flu and RSV) and other vaccinations as indicated by your OBGYN. You can read more about recommended vaccinations from the American College of Obstetricians and Gynecologists (ACOG).¹
- **Get your Group B strep test (GBS)** between 35-37 weeks. This is a vaginal/anal swab that tests for the bacteria Group B Streptococcus. If you test positive, your providers will recommend antibiotics in active labor (6+ cm dilation) or with rupture of the amniotic fluid.
- **Understand care that your baby will receive in the first few days of life, including:**
 - **Vitamin K injection** [Read more about the Vitamin K injection from the American Academy of Pediatrics (AAP)]²
 - **Hepatitis B vaccine**
 - **Circumcision:** If you are having a boy, you will need to decide if you would like the baby circumcised after birth [Read more about AAP's stance on circumcision]³
 - **Pediatric newborn evaluation**
 - **Erythromycin eye ointment**
 - **Cord Blood Banking:** Decide if you are interested in cord blood banking [Read more from HealthyChildren.Org]⁴
- **Decide on a feeding plan.** Talking with our lactation specialists or signing up for a breastfeeding class can help with your decision. If your plan is to formula feed, make sure you have all the supplies. We will support whatever decision you make. Remember—fed is best.
- **Install baby's car seat.**
- **Have a safe sleep plan.** Learn more about keeping your sleeping baby safe from AAP⁵
- **Choose baby's pediatrician.** Talk to your OBGYN if you need suggestions.



References

- ¹ <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/06/maternal-immunization>
- ² <https://www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-policy-statement-newborns-require-vitamin-k-shortly-after-birth-to-prevent-bleeding-disease/>
- ³ <https://www.healthychildren.org/English/ages-stages/prenatal/decisions-to-make/Pages/Where-We-Stand-Circumcision.aspx>
- ⁴ https://www.healthychildren.org/English/ages-stages/prenatal/decisions-to-make/Pages/Should-We-Store-Our-Newborns-Cord-Blood.aspx?_gl=1*1rmgex*_ga*MTE1MDY1OTg5OS4xNzEwMTkwODg3*_ga_FD9D3XZVQQ*MTcxMjE1NDc4My40LjEuMTcxMjE1NDg4My4wLjAuMA
- ⁵ <https://publications.aap.org/pediatrics/article/150/1/e2022057990/188304/Sleep-Related-Infant-Deaths-Updated-2022?autologincheck=redirected>