



# Pre-natal check up guide

Due Date:	First Trimester													Second Trimester														Third Trimester																					
	1 Month				2 Months					3 Months				4 Months				5 Months					6 Months					7 Month			8 Months				9 Months														
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40									
Check-ups once a month for weeks 4-28																																																	
Check-ups twice a month for weeks 28-36																																																	
Order breast pumps																																																	
Check-ups weekly for weeks 36-birth																																																	
Baby																																																	
																																									Due Date:								

Eligible to order breast pump 30-60 days prior to due date depending on your insurance

When can I order my pump?

30 days prior to due date:

60 days prior to due date: