

## Pre-labor Checklist

- Pre-register with the hospital.** Go to [www.EEHealth.org/OBprereg](http://www.EEHealth.org/OBprereg). You will need your insurance information and your doctor and baby's doctor information. If you have a question about your on-line pre-registration, call 630-527-3145.
- Meet all your OB doctors.** Try to schedule a visit with each of the doctors or midwives in your OB/Midwife group so you will be familiar with whoever might be on-call.
- Choose a doctor for your baby**—this should be a Pediatrician or a Family Practice doctor who is covered by your insurance plan, has privileges at the hospital where you will be giving birth, and is taking new patients. Need a doctor? Call Physician Referral Service at (630) 527-6363.
- Buy a car safety seat for your newborn.** Remember, you will need a car seat to take your baby home from the hospital. Read the instructions for the car seat and for your car, and then install the car seat. Have it checked by a carseat safety technician (go to <http://cert.safekids.org/get-car-seat-checked> to find a location near you.)
- Check on your insurance coverage.** Most women who deliver vaginally with no complications will stay 2 nights in the hospital after birth. After a Cesarean Section, the usual stay is 3 nights. Check your insurance coverage for both vaginal and C-Section delivery. Also check to see when and how to add your baby to your insurance coverage and find out if special care for your baby is covered (i.e., NICU).
- Decide if you will breastfeed your baby.** Breast milk contains many substances that help baby get off to a better start. If you are trying to weigh the pros and cons or are unsure if you can breastfeed due to a prior condition or medication, call our Breastfeeding Center at 630-527-3238 for a prenatal appointment to discuss these issues. If you are unsure about breastfeeding due to your return to work after baby is born, remember, ANY amount of breastmilk is beneficial to baby!
- Decide if you will have your baby boy circumcised.** Your OB doctor will be performing the circumcision, so discuss this topic with him or her prior to labor if you have questions. For information about circumcision go to [www.kidshealth.org/parent/system/surgical/circumcision.html](http://www.kidshealth.org/parent/system/surgical/circumcision.html)
- Decide who your support partner(s) will be**--someone with whom you feel very comfortable and who will provide emotional as well as physical support during your labor (not just someone who wants to see the birth or chat with you while you're in labor). You should discuss with them what you expect their role to be while you are in labor. You are generally allowed only 2 support people with you during a vaginal birth.