

ROUTINE PRENATAL CARE CHECKLIST THROUGH 3RD TRIMESTER

- ☐ Assess pregnancy symptoms
 - ☐ Back pain
 - ☐ Pelvic pain
- ☐ Complete third trimester laboratory testing
 - ☐ CBC
 - ☐ Diabetes Screen
 - ☐ Repeat ID testing (HIV, Hep B, Hep C)
 - ☐ Repeat urine drug testing per shared decision-making plan
- ☐ Preparation for birth/postpartum:
 - ☐ Anesthesia consult
 - ☐ Develop and review birth plan
 - ☐ Discuss postpartum pain management
 - ☐ Discuss preparation for baby
 - ☐ Discuss contraception
- ☐ Review MOUD treatment options
 - ☐ Assess for dose adequacy/management of cravings
- ☐ Antenatal testing
 - ☐ Complete 3rd trimester growth ultrasound
 - ☐ Initiate antenatal testing
 - ☐ For patients with active substance use, twice weekly testing is recommended
 - ☐ For patients receiving MOUD, weekly testing is recommended



KEY POINT:

Unmanaged pain can be a risk factor for return to use. Explore options for managing discomforts of pregnancy like PT, support belts, Tylenol, and topical therapies.



KEY POINT:

There is no “one size fits all” approach to managing pain during pregnancy. An anesthesia consult can help prepare patients through pain management education and shared decision-making. Having a pain management plan on file before arriving at the hospital helps to avoid delays in pain management.