

# ROUTINE PREGNATAL CARE CHECKLIST THROUGH 3<sup>RD</sup> 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



## 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.