**PREGNANCY CHECKLIST**

First trimester (up to 12 weeks)

* Take supplements, see leaflet ‘voedingscentrum’
* Decide NIPT and 13/20 week ultrasound
* Schedule a term ultrasound;13 and/or 20 week ultrasound is planned by Echo Eindhoven
* General blood test
* Registration maternity care (kraamzorg)
* Brochure prevention of diabetes: go to our website, click on ‘links’ and see D of ‘diabetes’

How to arrange NIPT

* Make an appointment now: diagnostiekvooru.nl for after the term ultrasound and choose NIPT
* Print out NIPT form, received by email on date:

Don't have a printer? Pick up the form at us on date:

* Bring with you to your appointment at DVU: NIPT form/ID/white-purple blood form
* If you would like to have NIPT determined by a hospital instead of DVU, let us know.
* We will call you the NIPT results within 10 days. The results of the general blood test will follow the 2nd check-up. In case of specifics, we will call you.

Second trimester (weeks 13 to 27)

* Pregnancy certificate can be found on the pregnancy portal
* If not married/registrated partner: arrange recognition (no Dutch nationality: call 14 040)
* Arranging childcare
* Adjust insurance if necessary
* Request a maternity package
* Breast or bottle feeding
* Pregnancy course
* Read the pelvic floor leaflet (see our English website)
* Whooping cough vaccination/flu vaccination
* Sugar test if necessary
* From 24 weeks, baby movements every day (see leaflet). When in doubt: call

Third trimester (week 28-delivery)

* Blood tests (iron content/Rhesus factor) (allowed from 27+0)
* Birth wishes
* Home visit maternity care
* Ultrasound for position baby
* Maternity package at home
* Bed on bed raisers
* Packing a birth bag
* Register in a hospital if you've never been there

Postpartum period

* Calling maternity care
* Birth registration < 3 working days
* Hearing test and heel prick (days 5-7)
* Reporting baby’s birth to insurance
* Applying for child benefit
* Intake with GGD Youth Health Care (JGZ) (day 10-14)

For more information: [www.lichtstadverloskundigen.nl](http://www.lichtstadverloskundigen.nl) choose English

(Tip: look at the links on the Dutch website for all topics and a checklist from the government