

WELCOME PACKET

Intake/first visit

- Care providers & care team overview
- Nausea & vomiting in pregnancy
- Safe medications during pregnancy
- Bump & Beyond website orientation

THIRD TRIMESTER PACKET

26-30 weeks

- Plain language consent
- Pain relief options in labor
- Breastfeeding introduction
- Pregnancy warning signs
- Newborn care

PRENATAL CHECKLIST

Mode of Delivery	Birth Preferences	Feeding Plans	Contraception
Vaginal Birth • Birth Plan • Labor Consent • EDU Third Trimester Packet (B&B Provider Page) • EDU How to Prepare for Labor and Birth • EDU Get Ready for Labor: Self-Help Tips • EDU Labor Signs and Early Labor Toolkit (B&B Provider page)	Birth Plan • EDU Making a Birth Plan (My Birth Preferences Template) Reviewed preferences: • Support ◦ Birth Sister/Doula referral • Environment • Comfort measures • Pain Relief • Second Stage • Cesarean Preferences • Postpartum Preferences ◦ Placenta disposition	• Documented Plan in EPIC (i.e., OB Tools) • Breast pump ordered ◦ Breast pump received • EDU How to Breastfeed and Get a Good Latch • EDU Prenatal Hand-Expression of Colostrum	• Postpartum contraception ◦ method, timing • Postpartum tubal ligation (PPTL) ◦ PPTL consent must be completed ≥30 days prior to delivery • EDU Birth Control After Having a baby • EDU Permanent Birth Control: Tubal Ligation
Vaginal Birth After Cesarean • VBAC Consent • MD VBAC Consult • EDU Planning your next birth after a C-Section • EDU Partner to Decide decision making tool	CBE referral or self signup EDU Choices of Pain Medication in labor EDU Unmedicated Labor Options and Comfort Techniques EDU Birth Plans EDU Labor and Delivery Frequently Asked Questions	Admin • Paid Family & Medical Leave ◦ eligible, completed ineligible, n/a ◦ EDU Work and Paid Family Medical Leave • Birth Certificate Preparation ◦ EDU Getting a Birth Certificate for Your Baby	Newborn • Newborn Sex • Newborn Name • Circumcision ◦ EDU The Circumcision Decision • Pediatric care ◦ EDU Well-child visit schedule • Car seat ◦ EDU Car Seat Safety
Cesarean Section • C/s booked, date • PPC visit scheduled • EDU Preparation for Scheduled C-Section • EDU Recovery After a C-Section		Fetal Movement • Count the Kicks handout (3rd tri handout) ◦ EDU Feeling Your Baby Move: How to Count the Kicks	Vaccines • TDAP (accept/decline) • Hep B (accept/decline) • PP vaccines
Induction of Labor • EDU Everything you need to know about Labor Induction • EDU Medical Induction of labor • EDU Understanding High Risk Pregnancy			

Complications/Conditions

Common Discomforts

- **Anemia** in pregnancy
- **Gestational diabetes:** What you can do
- High Blood Pressure and **Preeclampsia**
- **Cholestasis:** When to Be Concerned About Itching During Pregnancy
- **Fetal growth restriction** (FGR)
- Low-lying Placenta and **Placenta Previa**
- Understanding High Risk Pregnancy
- **Breech** Pregnancy
- Get Help Now for your **Mental Health**; Self-Help Tips for Your **Mental Health** During Pregnancy
- Group Beta Strep (**GBS**) Testing and What It Means

- Back pain and Sciatica
- Constipation and Heartburn
- Headaches during Pregnancy
- Nausea and Vomiting
- Vaginal Discharge in Pregnancy
- Early Pregnancy: Common Symptoms and What to Do
- Middle and Later Pregnancy: Common Symptoms and What to Do

PRENATAL EDUCATION INTEGRATION

01 · IN THE VISIT

Open & review on desktop in real time

Pull up the site during the visit on your workstation. Navigate to the relevant article together with the patient and walk through key points while the page is visible.

02 · TAKE-HOME

Print specific pages

Use File → Print or Ctrl+P to print individual article pages directly from the browser. Patients take clean, formatted handouts home for reference.

Patient packets on Bump & Beyond Provider resource page

03 · AVS & MESSAGING

Add links to the After Visit Summary

Copy the URL of the specific Bump & Beyond article and paste it into the patient's AVS instructions or a MyChart message so they can return later.

04 · EPIC EFFICIENCY

Inpatient EPIC Smartphrases

Use the dot phrase .bmcobsummaryofhospitalcourse for triage and postpartum smartphrases

05 · PATIENT ACCESS

Pull up on patient's phone

Ask the patient to open the site on their own phone during the visit. Show them how to bookmark it or add to their home screen for quick access between appointments.

Smartphrases:
.bmcobsummaryofhospitalcourse

Web address
<https://www.bmc.org/bump-beyond>
<https://www.bmc.org/bump-beyond/provider-resources>



How to prepare for labor and birth

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/how-prepare-labor-and-birth>



Get Ready for Labor: Self-help Tips

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/get-ready-labor-self-help-tips>



Early Labor Toolkit: What to do when labor starts

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/early-labor-toolkit-what-do-when-labor-starts>



How to Tell if you are in Labor

<https://www.bmc.org/bump-beyond/labor-and-birth/what-expect-during-labor/how-tell-if-youre-labor>



Planning your next birth after a c-section

<https://www.bmc.org/bump-beyond/labor-and-birth/what-expect-during-labor/planning-vbac>



Preparation for scheduled c-section

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/scheduled-c-section>



Everything you need to know about induction of labor

<https://www.bmc.org/bump-beyond/labor-and-birth/what-expect-during-labor/inducing-labor>



Unmedicated Labor Options and Comfort

<https://www.bmc.org/bump-beyond/labor-and-birth/what-expect-during-labor/comfort-techniques-unmedicated-labor>



Choices of Pain Medication in Labor

<https://www.bmc.org/bump-beyond/labor-and-birth/what-expect-during-labor/medication-pain-relief>



Labor and Delivery Frequently Asked Questions

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/labor-and-delivery-faqs>



Birth Plan

<https://www.bmc.org/bump-beyond/labor-and-birth/preparing-birth/birth-plan>



How to Breastfeed and Get a Good Latch

<https://www.bmc.org/bump-beyond/new-born-care/feeding-your-baby/how-breastfeed-and-get-good-latch>



Prenatal Hand-Expression of Colostrum

<https://www.bmc.org/bump-beyond/new-born-care/feeding-your-baby/colostrum-breast-milk-hand-expression>



Resources for Families

<https://www.bmc.org/bump-beyond/post-partum-experience/getting-support/resources-families>



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