

## Pregnancy Planning Calendar

Use this printable calendar to help you and your care team plan and manage upcoming appointments throughout your pregnancy journey.

Week	My Dates	Appointments / To Do	Appointment Date	Doctor
PRE-PREGNANCY				
		ASM level check to establish baseline		
FIRST TRIMESTER (0 - 12 WEEKS)				
5		ASM level check		
6				
7				
8				
9		ASM level check		
10				
11				
12				
SECOND TRIMESTER (13 - 26 WEEKS)				
13		ASM level check		
14				
15				
16				
17		ASM level check Anatomy scan / Level II ultrasound		
18				
19				
20				
21		ASM level check Discuss baby feeding plans		
22				
23				
24				
25		ASM level check		
26				



Use this QR code to visit the Epilepsy & Pregnancy Medical Consortium website for additional tools and resources to help you and your doctors plan for a safe and healthy pregnancy.

Epilepsy and Pregnancy Initiative LLC ("EPI") does not engage in the practice of medicine. Consistent with EPI's mission, EPI has convened a panel of clinician researchers to develop a tool summarizing their research findings on best practice care regarding epilepsy and pregnancy, which EPI is making available as a public resource.

Week	My Dates	Appointments / To Do	Appointment Date	Doctor
THIRD TRIMESTER (27 - 40 WEEKS)				
27		Growth surveillance ultrasound		
28				
29		ASM level check Develop postpartum ASM tapering plan		
30				
31				
32				
33		ASM level check Discuss baby care / feeding / safety plan Discuss birth control options		
34				
35				
36				
37		ASM level check		
38				
39				
40				
41				
POSTPARTUM				
1		Begin ASM tapering		
2		Well-being, mood, sleep, ASM taper check in		
6		OB follow up, ASM level check		
3 mo		Sleep check-in Review return to pre-partum ASM dose ASM level check		
6 mo		Sleep check-in Review return to pre-partum ASM dose ASM level check		
9 mo		Review return to pre-partum ASM dose Discuss plans for next pregnancy ASM level check		
1 yr		Review return to pre-partum ASM dose Discuss plans for next pregnancy ASM level check		



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