

# 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	Provider
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 and Pregnancy Medical Consortium website for additional tools and resources to help you and your providers plan for a safe and healthy pregnancy.

Week	My Dates	Appointments / To Do	Appointment Date	Provider
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 teaper check-in at 2 weeks only		
3				
6 wks		OB follow up		
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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