

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						
6		ASM level check				
7						
9						
10		ASM level check				
11						
12						
SECOND TRIMESTER (13 - 26 WEEKS)						
13		ASM level check				
14						
15						
16						
17 18		ASM level check Anatomy scan / Level II ultrasound				
19						
20						
21		ASM level check Discuss baby feeding plans				
22						
23						
24						
25 26		ASM level check				



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.

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	Provider		
THIRD TRIMESTER (27 - 40 WEEKS)						
27		Growth surveillance ultrasound				
28		Growth Surveillance ultrasound				
29		ASM level check Develop postpartum ASM tapering plan				
30						
31 32						
33						
34		ASM level check				
35		Discuss baby care / feeding / safety plan Discuss birth control options				
36		2.55222 2 35.161 51.591.6115				
37						
38		ASM level check				
39						
40						
41						
		POSTPARTUM				
1		Begin ASM tapering				
2		Well-being, mood, sleep, ASM teaper check-in				
3		at 2 weeks only				
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 preganancy ASM level check				
1 yr		Review return to pre-partum ASM dose Discuss plans for next preganancy ASM level check				



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