

Research Checklist for Pregnancy, Labor, Birth, and Postpartum

For Pregnancy

- Teratogens
- Going the full 40 weeks
- Pregnancy Nutrition/Diet
- Supplements in Pregnancy
- Fetoscope/Doppler/Ultrasound
- Childbirth Education Classes
- Exercise
- Alternative Medicine Options
(Chiropractic, Massage, Acupuncture,
Acupressure, Naturopathic, etc.)
- Rhogam Shot
- Glucose Tolerance Test
- Group B Strep Test
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For Labor

- Induction (Pitocin, Cytotec, other
medications, etc.)
- Epidurals
- Natural Labor Pain Relief
- Vaginal Exams/Cervical Checks
- Labor Positions
- What Happens if You Go Post Dates
- What to Eat and Drink
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For Birth

- Waterbirth
- Vaginal Birth After Cesarean
- Preventing Perineal Tears
- Pushing Positions
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For Postpartum

- Delayed Cord Clamping
- Vitamin K Shot
- Erythromycin paste
- Hepatitis B vaccine
- Placenta Options
- Cloth diapers/disposable diapers
- Sleeping options (co-sleeping, etc.)
- Breastfeeding vs. Formula Feeding
- Breastfeeding Nutrition/Diet
- Postpartum Depression
- Circumcision
- Newborn Screening Test
- Newborn Hearing Test
- Baby Wearing
- Car Seat Safety
- Neonatal Resuscitation and CPR
- Alternative Medicine Options
(Chiropractic, Massage, Acupuncture,
Acupressure, Naturopathic, etc.)
- Anti-Hemorrhagic Options
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