



# TWIN PREGNANCY 9TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

---

- GET A PREGNANCY PILLOW
- GET PREGGIE POPS FOR NAUSEA
- TAKE NAPS

FOR HOME

THIS WEEK I NEED TO...

---

- RESEARCH HIGH RISK DOCTORS
- CLARIFY HEALTH INSURANCE BENEFITS
- RESEARCH HOSPITALS FOR DELIVERY

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

---

- HOW CAN I MANAGE PAIN?
- WHAT IS THE RISK OF MISCARRIAGE?
- WHAT FOODS TO AVOID?

