



**Twiniversity**  
community. knowledge. humor.

# TWIN PREGNANCY

## 30TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

---

- SHARE THE BIRTH PLAN WITH MY OB
- SLEEP ON AN INCLINE FOR HEARTBURN
- SCHEDULE A PHOTOGRAPHER FOR NEWBORN PHOTOS



FOR HOME

THIS WEEK I NEED TO...

---

- FINALIZE MY LABOR TEAM
- FINISH BIRTH PLAN + MAKE 5 COPIES FOR THE HOSPITAL BAG
- DECIDE IF WE WILL HAVE HOSPITAL VISITORS



ASK THE DOC

DON'T FORGET TO ASK THE DOC...

---

- SHOULD I HAVE A PEDIATRICIAN NOW?
- AM I DILATED?
- WHO CAN VISIT THE NICU (IF NEEDED)