



Twiniversity
community. knowledge. humor.

TWIN PREGNANCY

36TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

- REST AS MUCH AS POSSIBLE
- SLEEP UPRIGHT FOR HEARTBURN
- STAY HYDRATED

FOR HOME

THIS WEEK I NEED TO...

- LAST MINUTE ORGANIZING
- WATERPROOF MATTRESS COVER IN CASE MY WATER BREAKS IN BED
- CONTINUE TO STOCK UP ON DIAPERS AND WIPES (YOU'LL NEED A LOT!)

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

- HOW LONG WILL MY RECOVERY BE?
- WHEN WILL I BE INDUCED?
- IS IT STILL OKAY TO HAVE SEX?

