



**Twiniversity**  
community. knowledge. humor.

# TWIN PREGNANCY 16TH WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

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- PLAN A HEALTHY DIET
- INCREASE PROTEIN INTAKE
- BUY MATERNITY PANTS



FOR HOME

THIS WEEK I NEED TO...

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- RESEARCH PEDIATRICIANS
- ASK ABOUT HOSPITAL REGISTRATION
- START PLANNING A BABY SHOWER



ASK THE DOC

DON'T FORGET TO ASK THE DOC....

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- WHAT CAN I TAKE FOR PAIN?
- WHAT TESTS DO I NEED?
- SHOULD I SEE THE MATERNAL FETAL MEDICINE TEAM?