



**Twiniversity**  
community. knowledge. humor.

# TWIN PREGNANCY

## 33RD WEEK CHECKLIST

FOR ME

THIS WEEK I SHOULD....

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- DO MORE KEGELS
- INDULGE IN CRAVINGS WHEN YOU CAN
- ADD FRUIT TO WATER FOR VARIETY

FOR HOME

THIS WEEK I NEED TO...

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- DECIDE ON A PEDIATRICIAN
- PREPARE FOR BEDREST
- MODIFY MY WORK SCHEDULE

ASK THE DOC

DON'T FORGET TO ASK THE DOC...

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- DO TWINS "DROP" LIKE SINGLETONS?
- HOW OFTEN DO I NEED MONITORING?
- CAN I DO SKIN TO SKIN WITH A C-SECTION?

