THE EXPAT MIDWIFE

MATERNAL & ANTENATAL CARE · VERONA & LAKE GARDA

Expat Maternity Checklist

Your practical guide to pregnancy, birth and the first weeks in the Italian maternity system — for international families.

BEFORE 12 WEEKS

- ☐ Register with the Italian health system (SSN) and get your tessera sanitaria.
- ☐ Choose a gynaecologist or midwife for pregnancy follow-up (privately or via ASL).
- ☐ Request the 'impegnativa' for your first ultrasound and blood work.
- ☐ Check what your private or corporate insurance covers in Italy.

WEEKS 12–24

- ☐ Book the morphology scan (around week 20).
- ☐ Shortlist hospitals in Verona or around Lake Garda and book a tour.
- ☐ Ask which hospitals support English, German or French-speaking families.
- ☐ Apply for maternity leave documentation with your employer (congedo di maternità).

WEEKS 24–34

- ☐ Book an antenatal / birth preparation course in your own language.
- ☐ Draft a bilingual birth plan (piano del parto) to share with your team.
- ☐ Complete the glucose test and third-trimester blood work.
- ☐ Pre-register at your chosen hospital (pre-ricovero).

WEEKS 34–40

- ☐ Pack the hospital bag; keep documents, tessera sanitaria and ID together.
- ☐ Agree pain-relief preferences (epidural availability varies by hospital).
- ☐ Arrange postpartum and breastfeeding support before the birth.
- ☐ Save emergency numbers and your route to the hospital.

FIRST WEEKS AFTER BIRTH

- ☐ Declare the birth and register your baby (within 10 days).
- ☐ Request the baby's codice fiscale and paediatrician assignment.
- ☐ Book a lactation / latching consultation in the first week.
- ☐ Plan a postpartum check for pelvic floor and emotional wellbeing.

Questions about any step? Write to costanza@theexpatmidwife.com · theexpatmidwife.com

Informational only — not a substitute for personal medical advice. © 2026 The Expat Midwife.