Which Due Date Should I Use?

It's easy to get confused about your “official” due date. You might come up with one date yourself, get a different due date from your doctor or midwife, and hear another date at your ultrasound visit.

Even though a due date is just an estimate of when your baby will be born, it is important to have an accurate date because you might have to make decisions about your care that depend on how far along you are in pregnancy. **An accurate due date can prevent problems, such as your baby being born too early and having health problems.**

This worksheet will guide you to your most accurate estimated due date. Ask your care provider to check your records to make sure that your most accurate due date correctly appears there. **Once you have an accurate due date using this method, that is the date you and your providers should use for the rest of your pregnancy.**

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**Worksheet to Find Your Most Accurate Due Date**

Answer these questions below, in order, until you reach STOP. Discuss your answers with your care provider to agree on an accurate due date.

1. Do you know the exact day your last period started?
   - Yes – go to #2.
   - No – an ultrasound is the best way to establish your due date. STOP

2. Do you have regular periods? (Having regular periods means you always know when your next period will start.)
   - Yes – go to #3.
   - No – an ultrasound is the best way to establish your due date. STOP

3. In the 3-4 months before this pregnancy, had you:
   - Used a hormonal birth control method (pill, ring, shot, implant or hormonal IUD)
   - Breast-fed
   - Been pregnant
   - No – go to #4.
   - Yes – an ultrasound is the best way to establish your due date. STOP

4. If **all three** conditions above have been met, you and your care provider should calculate your due date based on your menstrual cycle. You don’t need an ultrasound right away to confirm your due date. However, you may have an ultrasound for another reason. If there is a big difference between your menstrual due date and the ultrasound due date, your provider may switch your due date to the ultrasound date.

Most accurate due date based on this guidance: ________________________.