

Third Trimester Notes



You've made it to the third trimester – almost time to have a baby!

Your Arbor Pregnancy Handbook has many more details, but please refresh some basics while you're waiting.

Your Visit Today and Glucose Testing

During your hour wait today we'll have a check-up appointment and administer the recommended Tdap (pertussis/whooping cough) and seasonal Influenza (flu) vaccines. Timely vaccinations are an incredibly simple way to keep you and your baby healthy. More information about these important vaccines is in our exam rooms as well as in your Arbor Pregnancy Handbook.

One hour after you drink the "juice" your timer will beep and we'll draw your blood to screen for gestational diabetes. You should expect to see results on your Patient Portal within 48 hours. If your glucose level is higher than 140 mg/dL then you are at higher risk for gestational diabetes, and will need to return for a similar 3-hour diagnostic test. More information is in the Handbook under the Lab Tests section.

Expect Your Baby to Move!

After 28 weeks we expect regular and predictable movement from your baby. We recommend the "Count to 10" method for fetal kick counts. Identify the time of day your baby is most active. On a daily basis see how long it takes for your baby to make the first 10 movements during his/her active time. Most women will experience all ten movements within twenty minutes; but up to two hours is normal as well. Review the Fetal Health Assessments section of your Handbook for more information.

Using a smartphone app makes recording kick counts easy and efficient, and maintains a log. Many free or inexpensive apps are available. If you don't achieve 10 movements in two hours try walking around for a few minutes or drinking something cold and sweet. Try again for another hour.

Call our office if:

- You felt less than ten kicks in two hours, at the time of the day when your baby is usually active.
- Your baby has not moved almost half of day – do not wait until the next day to call.
- Your baby has kicked less and less over the course of a few days, or if you feel too little activity overall.

Appointment Schedule

28 weeks
31-32 weeks
34-35 weeks
36-37 weeks
38
39
40!



www.rexhealth.com/birth

Pre-Registration is needed at this time. Use Rex's online pre-registration form.

Please explore the Rex Birth Center website for useful information about the facility and your big day:

Lactation Services
Classes
First Photos
C-Sections
Pain Medications
Baby Safety & Security
Car Seat Checks
Cord Blood Banking
Postpartum Support
and more!!

Call Sharing and the OB Emergency Room at Rex

As you know, we 'share' Labor & Delivery time at Rex with the Wilkerson Ob/Gyn group. Occasionally we deliver their patients, and sometimes they deliver ours. It has been a successful arrangement and allows your obstetricians to be rested and alert by keeping shifts from exceeding 24 hours. Rex has a Board Certified OB Hospitalist present at all times in the OB Emergency section, who can provide initial evaluations in the middle of the night or if your obstetrician is otherwise detained. After regular business hours, if you are having any symptoms or concerns that require immediate evaluation including but not limited to labor contractions, bleeding, leaking fluid, or decreased baby movements you should simply come directly to the OB Emergency Department at the Women's Center. Because of our new capability to see you at all times, you no longer need to call the on-call obstetrician prior to being seen at the hospital! If you do call after hours, follow the prompts and the answering service will allow you to leave a message. The on-call doctor will then return your call as soon as possible.

Planning a Cesarean Delivery?

If you are planning for a "repeat" or other scheduled C-Section we will submit a scheduling request to Rex after your appointment today. C-Sections are available at Rex every weekday, but you must have completed your 39th week of pregnancy. Let your provider know which date(s) you would prefer. You will receive a letter in the mail with important pre-operative appointment times. If you have questions or unique scheduling needs, call our surgical coordinator for assistance 919-232-6883. Carefully review the Cesarean Sections chapter of your Pregnancy Handbook.

Is It Labor?

Real pregnancy labor is experienced in many different ways. Our best advice is to presume labor happens when your contractions have accelerated to every 5 minutes, last for about a minute, and are of increasing intensity over the course of several hours. The only way to know for certain is for us to do a dilation exam of your cervix. We can't guess over the phone, so you'll most likely need to come to the office/Rex for an exam. After normal business hours, if you believe you are in labor then come directly to the Rex OB Emergency in the Women's Center for an evaluation (you do not need to call the on-call obstetrician). By the way, 'losing your mucous plug' doesn't predict if labor is coming soon; please do not call about your mucous plug! Review the final few chapters in your Handbook, starting with Labor, Delivery, and Postpartum.

Come To Rex OB Emergency

- Decreased or no fetal movement after 24 weeks of pregnancy
- Uterine contractions before 35 weeks: more than 6 every hour that do not improve with rest and aggressive drinking of fluids
- Labor signs
- Leaking fluid vaginally
- Vaginal bleeding, heavier than a normal period
- Severe or continuous headache
- Fever over 102 degrees
- Auto accidents and falls

Wait Until Business Hours

- Fever over 100.4, unexplained
- Painful urination / UTI
- Unexplained rash
- Vaginal spotting of blood
- Diarrhea, vomiting, or "Stomach Flu/Bug"
- Cough & cold advice
- Difficulty sleeping
- Prescription refills
- Appointment scheduling

Pick a Pediatrician

If you don't already have one, now is the time to get serious about picking a pediatrician. Most offices have 'open house' opportunities for you to visit and get a feel for the practice.

Ask friends with newborns for their recommendations and then visit several offices. The pediatricians enjoy meeting expectant parents.

Having a Boy?

Circumcision may be a procedure you're considering, and more information is in a separate chapter at the end of your Handbook. Circumcision is done by the Arbor obstetricians on the first or second day after delivery. Circumcision is not covered by your prenatal-care benefits. Be sure your son is added to your insurance policy when you leave the hospital.

Breast Pump?

Today we will submit a breast pump authorization to Adapt Health Patient Care Solutions, a supplier of major-brand pumps. AHPCS will review your insurance benefits and contact you to select a specific pump. You should hear from AHPCS within three days, by text or phone. **Visit the arbor-obgyn.com FAQ page** to access the weblink to the AHPCS program and view your breast pump options.

Coming up next ...

Everyone is tested for Group B Strep (GBS) bacteria at the 37-week visit, with a vaginal/rectal cotton swab. We will also confirm the baby is headfirst with a brief ultrasound. Read more in your Handbook in the Lab Tests section.