



Third Trimester Notes

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

Your Visit Today and Diabetes Testing

One hour after you drink the "juice" your timer will beep and we'll draw your blood to screen for gestational diabetes. You will see the results on your Patient Portal tomorrow. If your glucose level is 140 mg/dL or more then you are at higher risk for gestational diabetes, and will need to return for a three-hour diagnostic test. More information is in the Pregnancy Book under the Lab Tests section.

During your hour wait today we'll have a check-up appointment and administer the recommended Tdap (pertussis/whooping cough) vaccine. We offer Flu and RSV vaccines seasonally. Timely vaccinations are a 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 Book.

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. 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 Pregnancy Book for more information.

Using a smartphone app makes recording kick counts easy and efficient, and maintains a log. 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 kicked less and less over the course of a few days, or if you feel too little activity overall.
- You don't feel the baby moving at all – do not wait until the next day to call.

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 also 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 have any symptoms or concerns that require immediate evaluation, simply come directly to the OB Emergency Department at the Women's Center. Examples include labor contractions, bleeding, leaking fluid, or decreased baby movements. Because of our new capability to always see you, you no longer need to call the on-call obstetrician prior to evaluation 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.

Appointment Schedule

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



www.rexhealth.com/birth

Hospital pre-registration is no longer required, but we recommend that you establish a MyChart account in the UNC Healthcare System. Please explore the Maternity Services website for useful information about the Rex facility and your big day:

Classes, Lactation Services, Newborn Photos, Baby Safety & Security, Cord Blood Donation, Postpartum Support, & more!!

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 communication 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 Book.

Is It Labor?

Real pregnancy labor is experienced in many ways. Our best advice is to presume labor happens when your contractions have accelerated to every five 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. Call the office so we can make an appointment for you (we can't take unscheduled 'walk-ins'). 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. Review the final few chapters in your Pregnancy Book, 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 drinking of liquids
- Labor signs
- Leaking fluid vaginally
- Vaginal bleeding, similar to a normal period
- Severe or continuous headache
- Fever over 102 degrees
- Auto accidents and falls

Wait Until Business Hours

- Losing your 'mucous plug'
- 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

Need 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. Very few pediatricians come to Rex anymore, and so the hospital's pediatrician will take care of your baby during your initial stay.

Having a Boy?

Circumcision may be a procedure you're considering, and more information is in a separate chapter at the end of your Pregnancy Book. Circumcision is done by the Arbor obstetrician 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.

Need a Breast Pump?

Storkpump is AdaptHealth's insurance covered breast pump program that supplies major-brand pumps and accessories to new and expecting moms. Your breast pump prescription will be sent to Storkpump today. A breast pump specialist will review your insurance benefits and contact you within three days -by text or call - so you can select your breast pump and discuss any upgrade options. For more immediate information, call 844-993-3740, text 484-376-5943, or visit storkpump.com.

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 Pregnancy Book in the Lab Tests section.

Rex Maternity Services



Breast Pump Program



Rex Finances



Arbor Obstetric Topics

