

Today’s Visit

Date: \_\_\_\_\_ Provider: \_\_\_\_\_

My Weight: \_\_\_\_\_ lbs. My Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Abdominal Measurement: \_\_\_\_\_ Estimated Due Date: \_\_\_\_\_

Questions for My Provider	Answers
1.	
2.	
3.	

My Next Visit:

\_\_\_\_\_

What to Expect at My Next Visit:

- In addition to the routine visit, you can expect:
- Tdap vaccine
  - Rhogam injection, if applicable
  - Additional bloodwork if needed



Resources

For additional pregnancy and childbirth information:

[www.wellstar.org/obwellness](http://www.wellstar.org/obwellness) | [www.health4mom.org](http://www.health4mom.org)

Sign up for the free Text4Baby app to receive information on a variety of topics related to your pregnancy.

GA referrals and social services: 1 (800) 300-9003 (WIC etc.)

If you feel you need help with mental health or substance use, call the GA Crisis line at 1 (800) 715-4225. Someone is available 24 hours, 7 days a week to assist.

Classes

Wellstar offers a variety of childbirth and educational classes to help you understand more about labor, birth, induction, c-sections and caring for your baby.

Don't forget to register to attend the Understanding Birth class around 30 weeks by calling (470) 956-STAR (7827).



My Pregnancy  
*Journey*

23–27 Weeks  
SIX MONTHS VISIT

What to Expect at This Visit

Every Visit

- At the beginning of every visit, our team will obtain a urine sample, measure your weight and vital signs, and update your pharmacy, medication list and medical history.
- Your provider will review your medical history and discuss any questions or concerns you have and review your progress together.

This Visit

- 1-hour glucose testing, including bloodwork.
- Additional bloodwork if needed.
- Abdominal measurement and heart beat.

Growth & Development

- 24-week size: a coconut, about 12–15 inches.
- Your baby can now hear you and may begin responding to your voice by moving. Talking, reading and singing is a good way to bond.
- You may be able to feel your baby hiccup by this stage.
- If you're not feeling baby move by 23–27 weeks, consult your healthcare provider. This may or may not be cause for concern, as the location of your placenta may make it harder to feel baby's kicks and movement.

Changes to Expect

Physical

- Back pain is a common occurrence in this stage of pregnancy. It is normal to have some swelling in your feet and legs toward the end of pregnancy, especially in hot weather.
- Your center of gravity is changing and may affect your balance.

Emotional

- Your desire for intimacy could be higher or lower during pregnancy. Hormone and blood flow changes can contribute to these feelings.
- Talk to your healthcare provider if you have any concerns.

Write down how you're feeling emotionally during this stage of your pregnancy:

\_\_\_\_\_

\_\_\_\_\_



# Comfort Tips

**Wear a support band** and/or sleep with a body pillow for additional support.

**You may need larger shoes and lower heels** to adjust to the growth and shifting balance.

### Tips for your support person:

The support person should also talk to and sing to the baby. This will help him/her recognize your voice after birth.

## Wellness

### Lifestyle

- Domestic Violence
  - Healthy relationships do not include patterns of behavior to maintain control emotionally, physically, psychologically or sexually.
  - Intimate partner violence is the leading cause of injury to women of childbearing age and can affect anyone.
  - Ask for information from your provider if this could be you.
    - If you need help, please call the Domestic Violence Hotline 1 (800) 799-7233.
    - Local Women’s Resource Center [www.wrcdv.org](http://www.wrcdv.org); 24/7 hotline (404) 688-9436.

### Birth Plan

- Thinking ahead about your desires during birth is important to help ensure everyone on your care team understands your preferences.
- Keep in mind, our number one priority is a safe delivery for mom and baby, but we look forward to accommodating your preferences as much as possible.

### Health & Nutrition

- Continue a slow, steady weight gain during pregnancy.
- It’s important to remain active during pregnancy. Discuss your exercise routine with your provider. A healthy, balanced diet is recommended for optimal growth and development. This is not a time for dieting.
- It is recommended to consume 8-10 cups of water daily.
- Vitamin A helps bones and teeth grow and remain healthy. Good dietary sources include: dairy products, carrots, sweet potatoes and dark green leafy vegetables.

## Medications

- Remember to take your prenatal vitamin daily during your pregnancy.
- Please do not start/stop/change any medications or supplements without talking to your healthcare provider. For a list of safe medications, refer to your Week 0-11 or 11-15 week booklet.

## Plan for Baby

### Finances

Important topics to consider while expecting:

- Insurance / deductible
  - Knowing your out-of-pocket expenses will help you in your financial planning.
  - In the following weeks, it may be advisable to reach out to your insurance company to determine your deductible, out-of-pocket expenses for delivery and adding your baby to your benefits.
  - Speak with your insurance carrier to determine what options you have for obtaining a breast pump.
- FMLA/Maternity & Paternity Leave
  - Speak with your Benefits Representative at your place of employment to understand your options.
  - Usual medical leave duration (without complications)
    - Vaginal delivery: 6 weeks
    - Cesarean Section: 8 weeks
- Childcare
  - Many childcare facilities have significant waitlists so it may be beneficial to begin looking at various options.
  - Bright from the Start is a program for information on quality childcare facilities [www.dec.ga.gov/](http://www.dec.ga.gov/).

### Feeding

- Now is a good time to plan for how you will feed your baby.
- Breastfeeding has many lifelong benefits for mom and baby. It lowers your baby’s risk for SIDS, diabetes, childhood cancers, obesity, allergies and infections.
- Breastfeeding also decreases your risk for postpartum hemorrhage, postpartum depression, breast and ovarian cancer, hypertension and heart disease.
- The American Academy of Pediatrics recommends that infants be exclusively breastfed for at least the first six months. Breastfeeding classes and lactation consulting are both available to assist you as needed.



### Complications/ Warning Signs

#### WHEN TO SEEK EMERGENCY CARE (GO TO ER OR CALL 911):

- Seizure
- Confusion or difficulty waking up
- Hallucinations
- Thoughts of hurting yourself or someone else
- Rapid onset of extreme chest, arm, shoulder, neck or upper back pain
- Extreme difficulty breathing
- Severe abdominal pain
- Very heavy bleeding
- Fall or other injury to the abdomen

#### Call your healthcare provider right away if you have any of the following symptoms:

- Severe headaches, or headaches that will not go away
- Dizziness or blurred vision • Fainting or passing out
- Severe depression or anxiety
- Bleeding from the nipples or rectum, or in urine
- Coughing up blood
- Vaginal bleeding, except a small amount after a pelvic exam or sexual intercourse
- Sudden swelling of hands or face
- Severe back pain
- Severe itching of the palms and/or feet
- Swelling of legs with redness or warmth (especially if only on one side)
- Any new rash, chills, or a fever over 100.4F (please speak with the office before any in-person visit)
- Abdominal pain not relieved by rest or a bowel movement
- Excessive vomiting, diarrhea or severe constipation that is not relieved by food or medication
- Urination: painful, burning or little to no output
- Fluid leakage from the vagina
- Intense or strange cravings for non-food items (Pica)