

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:

- Prenatal visits every 2 weeks until 36 weeks



Resources

For additional pregnancy and childbirth information:

www.wellstar.org/obwellness | www.health4mom.org

See welcome letter from your provider with phone numbers for social services.

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.

For more information on seat belt safety, visit www.nhtsa.gov.

Wellstar offers online e-classes. Call (470) 956-STAR (7827) for more information.



My Pregnancy
Journey

27–31 Weeks
SEVEN 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

- You will be offered the Tdap vaccine which will help to protect your baby from a serious disease called Pertussis (whooping cough). It is also recommended for anyone who will be in contact with your baby to receive this vaccine as well.
- You will also be given the Rhogam injection, if applicable.
- You may possibly have a repeat of the sexually transmitted infection screening.
- Additional bloodwork may be needed.
- Abdominal measurement and check baby’s heartbeat.

Growth & Development

- 30-week size: a pineapple, about 15–17 inches
- Baby’s eyes can open now and can respond to light changes.
- Kick counts – tracking the baby’s movement while lying on your side helps you become aware of how your baby is doing. When tracking kick counts, note the time, after the baby has moved ten times, note the time again. Do this once a day, every day. After a few days of regular counting, you’ll notice that your baby has a regular pattern for how long it takes to get to ten movements. This is what is normal for your baby. If your baby hasn’t moved at least ten times in two hours from when you started counting, or you notice a decrease in movement from their usual pattern, please notify your healthcare provider immediately.
- If you’re not feeling baby move 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

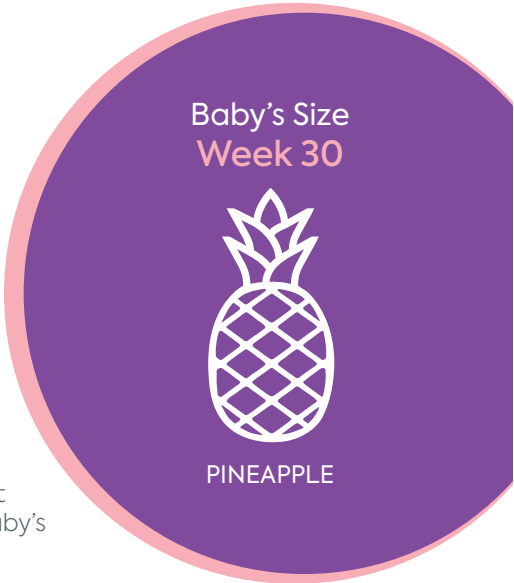
Physical

- Stretch marks are common in the breast, buttocks, lower abdomen, hips and thighs.
- They may be pink, red, brown, shiny or lighter in color. They also may feel sensitive or itchy.
- Pressure from your enlarging uterus plus increased blood flow may cause hemorrhoids.
- Heartburn is common during this time in your pregnancy. Before taking any medications, refer to Safe Medications During Pregnancy.

Emotional

- Hormonal and sleep changes may lead to new dream patterns.
- Some people feel overwhelmed or anxious as they prepare for labor or parenting.
- Be mindful that emotional and physical health are closely connected and can impact one another. Discuss all emotional and physical symptoms with your provider.

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



Comfort Tips

Staying well-hydrated may help reduce stretch marks.

Moisturizers and lotions may help stop itching but they don't stop stretch marks from happening.

Continue a well-balanced diet with plenty of water and fiber to prevent constipation.

Resting on your side, using ice packs or witch hazel, and a warm bath may help relieve hemorrhoid pain.

Continue practicing safe physical and sexual activity unless your provider tells you otherwise.

Sleeping on your side with additional support as needed between your knees or behind your back may provide comfort.

Learning more about what to expect during labor and caring for your newborn may help you feel more confident and less anxious.

Wellstar offers prenatal classes that will increase your knowledge and comfort with pregnancy, childbirth and caring for your baby.

Wellness

Lifestyle

- Substance use, including tobacco, vaping (e-cigarettes), alcohol and marijuana is not advised during pregnancy and can have negative health outcomes for you and your baby. If you need help quitting, please discuss a plan with your provider.
- 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; 24/7 hotline (404) 688-9436.
- Sexually transmitted infections can complicate pregnancy and have serious effects on the mother and baby. Along with routine STD testing, it is now Georgia law to test for HIV and syphilis in the third trimester of pregnancy.
 - Pregnant women can pass HIV to their babies during pregnancy, labor and vaginal delivery, or through breastfeeding. If HIV is diagnosed before or early in pregnancy, the risk of transmission can be reduced.
 - Congenital syphilis occurs when syphilis is transmitted from mother to baby. Georgia has one of the top 10 highest rates of congenital syphilis among all US states and territories with a rate of 16 per 100,000.
 - For more information on prevention and treatment, discuss this with your healthcare provider.
- Seat belt safety for you includes wearing the lap belt under the belly across the hip bone and pelvic bone, shoulder belt across your chest and away from your neck and keeping as much distance from your belly to the steering wheel as possible. It is important to not disable your car airbag while you are pregnant.

Health & Nutrition

- A slow, steady weight gain during pregnancy is normal.
- It's important to remain active during pregnancy. Discuss your exercise routine with your provider. See Great Expectations page 35.
- A healthy, balanced diet is recommended for optimal growth and development. This is not a time for dieting.
- It's recommended to consume 8-10 cups of water daily.
- High fiber foods will help you maintain regular bowel movements. Some excellent sources of fiber include beans, broccoli, apples, whole grains, avocado, flax seeds and spinach.

Medications

- Remember to take your prenatal vitamin daily during your pregnancy
- For a list of safe medications, please see your Week 0-11 booklet.

Plan for Baby

Nursery set-up

- A safe sleep environment
 - Did you know that the features of your baby's sleep area can impact your baby's risk for Sudden Infant Death Syndrome (SIDS)?
 - Baby should initially sleep in the same room with you but in his/her own bed. Baby should sleep on his/her back. The ABCs for safe sleep are: Alone, on their Back, and in a Crib.
 - A firm, flat surface is advised. No inclined sleepers or sleep positioners, even if they claim to be safe.
 - Keep other objects out of the crib including blankets, stuffed animals, soft objects, pillows and crib bumpers.
 - A one-piece sleeper or sleep sack can be used for sleep clothing. Keep the room at a comfortable temperature.

Car seat and equipment

- Do not accept a used car seat, as they may have expired or have been in a car accident. Look for the sticker or engraved expiration or manufacture date on the side/back of the car seat.
- Your baby must have a car seat to leave the hospital.
 - Georgia SAFE Kids provides safety checks for car seat installation. Visit safekidsgeorgia.org for more information.
 - Check with your car insurance company on options for car seat coverage if you are in a car accident.
 - Do not allow your baby to sleep in the car seat while outside of the car, whether at home or with another caregiver.

Feeding

- Breastfeeding reduces the risk for SIDS.
- Breastfeeding helps with weight loss after delivery and provides increased immunity for baby.

Classes

- Wellstar offers a variety of childbirth and educational classes to help you understand more about labor preferences, birth, induction, c-sections and caring for your baby.
- Start your Understanding Birth class and bring your partner along on a four-week night or weekend journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. A birthing center tour is included only if class location is inside of a Wellstar hospital.
- Call (470) 956-STAR (7827) to register for breastfeeding and newborn care classes around 34 weeks.
 - Breastfeeding Basics: Taught by a certified Lactation Consultant, this breastfeeding class helps you understand the basics of breastfeeding covering the benefits, skills and techniques to ensure a successful experience for mother and baby.
 - Understanding Your Newborn: Before you hold your new baby, you'll get hands-on experience using newborn-like dolls. Topics included in this class are: newborn traits, newborn behaviors, crying and comforting, feeding, diapering, newborn health, safety, bathing and dressing your baby.
 - Register early to attend your hospital tour as soon as possible.



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
- If you think you are in labor