

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 components of every visit, you can expect:
- 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)

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.)

Local Women’s Resource Center [www.wrcdv.org](http://www.wrcdv.org); 24/7 hotline (404) 688-9436.

If you are feeling 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.

Postpartum Support International (Georgia Chapter) [www.psig.org](http://www.psig.org)  
or call PSI Helpline 1 (800) 944-4PPD (4773) or text (503) 894-9453.

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

Safe Kids Georgia: (404) 785-7873 or visit [www.safekids.org/coalition/safe-kids-georgia](http://www.safekids.org/coalition/safe-kids-georgia)



My Pregnancy  
Journey

31–33 Weeks  
EIGHT 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

- Abdominal measurement and check of baby’s heartbeat
- You may possibly have a repeat of the sexually transmitted infection screening.

Growth & Development

- 31-week size: a head of lettuce, about 17 inches
- Your baby is big enough now to give stronger kicks. You may be able to see an outline of a heel or elbow.
- Kick counts – tracking the baby’s movement while lying down 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.



Changes to Expect

Physical

- You may feel more shortness of breath during your last few months of pregnancy due to your uterus rising and limiting space for lung expansion.
- Sleep may become more difficult with increased discomfort and more frequent waking to urinate.
- Changing hormone levels can cause your body to hold water. Swelling of the legs, feet and hands will occur for most women.
- You may feel tightening in some areas of the abdomen off and on randomly. These are known as Braxton Hicks, or “practice contractions.” They usually go away when you move around, rest or drink more fluids. If they increase in regularity, frequency or intensity, contact your provider.

Emotional

- Feelings of concern or mild anxiety are common during this time.
- The urge to clean, organize and prepare your home is normal and referred to as nesting.

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

\_\_\_\_\_  
\_\_\_\_\_



# Comfort Tips

**Sitting up straight and practicing deep breathing** may help when it is harder to breathe. If you experience extreme shortness of breath, please contact your provider.

**Elevating legs, avoiding standing for long periods of time, and increasing water intake** may help with swelling. You may find you need to stop wearing or remove rings, piercings and other jewelry at this time.

## Wellness

### Lifestyle

- 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.

### 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.
- 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.
- You will need more iron and folic acid in your diet.
- Excellent sources of iron include eggs, lean beef, oatmeal, raisins, beans and spinach.

## Medications

- Remember to take your prenatal vitamin daily during your pregnancy.

## Plan for Baby

### 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](http://safekidsgeorgia.org) for more information.

### Pediatrician

- A pediatrician appointment will be required before baby is discharged from the hospital after delivery, so begin planning now. Call (470) 956-STAR (7827) for a listing of pediatricians in your area.
- Most pediatric offices will you tour and meet the providers prior to delivery. For a list of Wellstar pediatricians near you, visit <http://www.wellstar.org/kidcare>.

### Circumcision

- If you are expecting a boy, do your research regarding circumcision prior to hospital discharge. Before you make a circumcision decision, it’s important to talk to your healthcare provider and consider the risks and/or benefits. If you choose to circumcise your infant, a Vitamin K injection will be required for the baby to prevent excessive blood loss.
- Your nurses will provide information on how to care for the circumcision depending on what type of procedure your baby has.

### Feeding

- Among the many advantages of breastfeeding, your breastmilk contains powerful immunity factors that will help develop and protect your baby’s immune system and promote their healthy growth.

## 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