

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:
- Possibly a repeat of the sexually transmitted infection screening, if not previously done in the third trimester
 - Cervical exam
 - Group B strep vaginal culture
 - Additional bloodwork if indicated
 - Every week appointments from 36 weeks to 40 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.)

Local Women’s Resource Center 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
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



My Pregnancy
Journey

33–35 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

- Bloodwork if needed
- Abdominal measurement and check of baby’s heartbeat
- You may possibly have a repeat of the sexually transmitted infection screening if not previously done in third trimester

Growth & Development

- 35-week size: a spaghetti squash, about 18 inches
- Your baby will gain about half a pound each week after 34 weeks.
- 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.

Baby’s Size
Week 35



SPAGHETTI SQUASH

Changes to Expect

Physical

- A feature that may occur is a darkened line from the belly button down to the pubic bone. This is called linea nigra or “the pregnancy line.”
- Pregnancy often causes varicose veins in the lower legs.
- You may experience lower back pain as your uterus enlarges, this may also cause sciatica, which may lead to numbness or pain in your legs.
- Some women experience a thick, sticky substance from their nipples. This is called colostrum which is full of nutrients and antibodies for your baby’s first feedings.

Emotional

- As you’re nearing the end of your pregnancy, it is normal to experience more nervousness, anxiety and mixed emotions regarding labor, childbirth and parenting.

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



Comfort Tips

It is common to gain weight until delivery. Continue to monitor your weight gain.

Rest and elevation of your legs may alleviate varicose veins. Wearing compression or support hose can help blood flow more freely through your legs.

Back massages and rest may help ease back pain.

Reach out to a support person who can provide positive encouragement.

You may want to wear breast pads if your breasts are leaking. Hand expressing or pumping during pregnancy is not advised. Wearing a supportive bra is important. Be aware, your breast size will continue to change as your milk supply increases.

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.
- Kegel exercises
 - These are important to strengthen the pelvic floor and muscles used in childbirth, help with recovery and help prevent urinary leaks.
 - To do these, contract the vaginal muscles for three seconds and then relax. Repeat 10–15 times in a row, three times a day.
- Begin thinking about postpartum birth control options with your provider. Family planning is important for your overall health and well-being.

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.
- 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.
- 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

Labor

- Refer to Hospital FAQ for Hospital Bag Checklist.

Feeding

- Learn more about the lifelong benefits of breastfeeding for mom and baby at www.womenshealth.gov/breastfeeding.
- Breastfeeding classes are also available and encouraged through Wellstar. Call (470) 956–STAR (7827) for more information or to register.

Bonding with Baby

- At all Wellstar facilities, we recognize the importance for both mom and baby to remain together, unless medically necessary to be separated. This has many benefits including bonding, early and successful breastfeeding, recognizing feeding cues, and decreases postpartum depression. Rooming-in is so valuable, the American Academy of Pediatrics encourages this, even at home until baby is 6 months old.
- Skin-to-skin has many benefits during the transition from inside the womb to the outside world including normalizing baby's heart rate, respiratory rate, blood sugar, temperature and bonding.

Classes

(470) 956–STAR (7827)

- If you haven't already, be sure to sign up for the Understanding Birth class.
- Attend the **Breastfeeding and Understanding Your Newborn** classes as soon as possible.
- A variety of classes are also available for fathers-to-be, older siblings, grandparents and friends and family:

Big Brother/Big Sister class

- A new baby is an adjustment for the whole family. This two-hour class for children ages 3–9 is designed to make the transition easier on your child and smoother for you. Life-like newborn dolls and a kid-friendly video help explain the birth and appearance of the new baby. A birthing center tour is included only if class location is inside of a Wellstar hospital.

Understanding Grandparenting

- Enter grandparenthood with confidence with this preparation class covering generational differences for parenting, common family adjustment issues and the latest American Academy of Pediatrics recommendations for newborn care and safety. A birthing center tour is included only if class location is inside of a WellStar hospital.

Don't forget to register for and attend your hospital tour. Visit your Wellstar Hospital's Labor and Delivery web page. At the top of the page in the purple bar you will see a white box that says "Virtual Tour." Click this button to view a virtual tour of your hospital's Labor and Delivery and Mother/Baby Units.



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