

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:

- Cervical exam, as needed
- Abdominal exam to check measurement and baby’s position
- Every week appointments until delivery

If you deliver prior to your next scheduled visit, you will be seen 4-6 weeks postpartum in the office.



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.

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.

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



My Pregnancy Journey

36 Weeks
NINE 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**
- Group B Strep vaginal culture
 - Listen to fetal heartbeat
 - Cervical exam, if needed
 - Additional bloodwork, if needed
 - You may possibly have a repeat of the sexually transmitted infection screening if not previously done in third trimester
 - Discuss your birthing preferences

- Growth & Development**
- 36-week size: a butternut squash, about 18 inches
 - Baby’s bones and nails are hardening.
 - The bones of the head will remain soft and flexible.
 - 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 experience increased pressure in your pelvis as the baby grows.
 - Joint pain when you walk, or wrist pain, is caused by achy, loose joints and additional fluid.
 - Nerve pain down one or both legs is still a common occurrence.
 - You may pass your mucus plug at once or over the course of several days. This is normal and does not indicate the onset of labor.
 - Braxton Hicks contractions may increase. Contact the office if you have regular contractions every 5 minutes for more than one hour.
 - After delivery:
 - You will experience vaginal bleeding which is called lochia. It is normal for this discharge to be bright or dark red in color initially postpartum, but it lightens in color and flows to pink or brown tinged, then yellow to white. Keep in mind, this varies for each woman. If you are soaking one pad for more than one hour, please contact your healthcare provider immediately.
 - Hormones, surgery, medications, dehydration and decreased physical activity may make your bowel function slower after birth. The first bowel movement may be uncomfortable.

- Emotional**
- It is normal to experience feelings of wanting the pregnancy to be over, but it is important for the baby to continue to grow and develop until the full 40 weeks. For more information, visit www.gothefull40.com.

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



Comfort Tips

It is important to continue to rest, relax, drink plenty of water and eat healthy, including increasing fiber intake.

Heat and cold therapy may help with joint pain.

If you are having a planned Cesarean (C-section) delivery or anticipate you may possibly have one, scan this QR code to access our helpful Enhanced Recovery After Cesarean (C-section) booklet.



Accidents Can Happen; Prevent Infant Falls

- To keep your baby safe, place the baby in the bassinet when you become sleepy to prevent infant drops.
- Anyone caring for the baby should be fully alert and focused on safety.
- If you are taking pain medication or things that may make you sleepy, ask your nurse for assistance.

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; 24/7 hotline (404) 688-9436.
- Do not wait to discuss postpartum birth control options with your provider. Family planning is important for your overall health and well-being.
- With so many birth control options, it’s important to learn about them all, so you can find the best one for you.
- It is possible that a pregnancy occurring within 18 months after the last birth may place the mother and infant at risk for adverse health outcomes including preterm birth, neonatal morbidity and low birthweight. These poor birth outcomes are often associated with ongoing health problems.
- We encourage you to speak with your healthcare provider to select an approach to family planning and birth spacing consistent with your needs and beliefs.

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. Small frequent meals and healthy snacks are optimal for an adequate diet.
- It is recommended to consume 8-10 cups of water daily.

Medications

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

Plan for Baby

- After delivery, a pediatrician appointment will be required before baby is discharged, so begin planning now. Call (470) 956-STAR (7827) for a list of pediatricians in your area.
- Remember it is required that the baby’s car seat be assembled and installed safely in your vehicle before hospital discharge.
- Placing baby skin-to-skin with mom or another support person is recommended immediately after birth and throughout the early days. This is a best practice for all babies and promotes a smooth physical and emotional transition into the outside world.
- In the hospital, your baby will be rooming-in with you. Rooming-in has many advantages including making breastfeeding easier and more frequent, learning your baby’s feeding cues, responding to their cries more quickly and allowing you to monitor your baby closely.

Classes

- Complete your Breastfeeding and Understanding Your Newborn classes.
- Father-to-be, older siblings or grandparents to be? We have individual classes for them too (470) 956-STAR (7827).
- CPR classes are available from the American Red Cross at www.redcross.org/take-a-class or the American Heart Association at www.heart.org.
- Don’t forget to register for and attend your hospital tour.



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, rectum or bladder
- Coughing up blood
- Vaginal bleeding, except a small amount after a pelvic exam or sexual intercourse
- Sudden swelling of hands or face
- Itching of the palms or feet
- Redness, warmth or swelling of legs (especially on one side)
- Severe back pain
- Abdominal pain not relieved by rest or a bowel movement
- Excessive vomiting, diarrhea or severe constipation that is not relieved by food or medication
- Any new rash, chills or a fever over 100.4F (please speak with the office before any in-person visit)
- Urination: painful, burning, little to no output
- Decrease in movement of baby
- Fluid leakage from the vagina
- If you think you are in labor