

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, if needed
- Abdominal check
- Baby’s heartbeat
- Review of birthing preferences
- 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](http://www.wellstar.org/obwellness) | [www.health4mom.org](http://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](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.

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

37 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

- Cervical exam, if needed
- Abdominal exam to check baby’s position
- Listen to fetal heartbeat
- Discuss your birthing preferences

Growth & Development

- 37-week size: a honeydew, about 18–20 inches
- The lungs (the last of the vital organs to fully develop) are maturing.
- Baby will be preparing for delivery by turning head down.
- 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 see an increase in the colostrum leakage from your nipples. Remember to not hand express or pump at this point.
- You may experience increased shortness of breath, fatigue, swelling, joint pain, hemorrhoids, leg cramps, groin or pelvic pain and other common discomforts until delivery.
- 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 more than one pad an 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

- Discuss how you’re feeling about childbirth with your support person.
- After delivery, you may experience sadness, crying, irritability, mood swings or impatience. These symptoms are known as “Baby Blues,” which should only last 2–3 weeks postpartum. The Baby Blues occur in 9 out of 10 women who deliver, due to the extreme hormonal changes. If your symptoms last longer than 2–3 weeks after delivery or are severe, please notify your healthcare provider.
- If you have scary or upsetting thoughts that don’t go away or you have little interest in doing things that you used to enjoy, contact your healthcare provider immediately.
- If you feel out of touch with reality or if you hear or see things that other people don’t, call 911 or go to the nearest ER.

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

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





## Comfort Tips

**Continue to wear disposable breast pads** or purchase reusable breast pads that may be washed if you are leaking from your nipples.

**Avoid using soaps or creams** on your breasts.

**Continue eating small, well-balanced meals** with increased fiber and water intake.

**While sitting, have your feet raised.** You may find wearing support hose and comfortable shoes may help.

**A period of rest** during the day may be helpful for fatigue and mood support.

**When lying down to rest, it may help to lay on one side** and cross your upper leg over a pillow.

**Prenatal massage** may help alleviate pain and promote restful sleep.

**Yoga, birthing balls and/or peanut balls** may help with pelvic pain and pressure. These can be brought to the hospital and used for comfort when you are in labor.

### 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

- 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](http://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.

### Health & Nutrition

- A slow, steady weight gain during pregnancy is normal.
- It's important to remain active during pregnancy.
- 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.

## Medications

- Remember to take your prenatal vitamin daily during your pregnancy and while you're breastfeeding.

## Plan for Baby

- Remember, it is important to choose a pediatrician prior to delivery and then schedule a pediatric appointment upon discharge.
- An installed car seat is required prior to discharge.
- Hand expressing drops of milk from your breasts in the early hours after birth provides nutrition if your baby is having difficulty latching and increases your milk production.

## Classes

- Fathers-to-be, older siblings, grandparents, friends and family? 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](http://www.redcross.org/take-a-class) or the American Heart Association at [www.heart.org](http://www.heart.org).
- Don't forget to attend your hospital tour.

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.



Point your phone camera here to get started

