



Your birth, your way!

28 - 30 weeks

You have now entered your third trimester. It is common to feel very tired and have swelling in your legs. Frequent rest periods, drinking plenty of water and elevating your feet is important. Your prenatal visits will start getting closer together.

Cord blood banking is offered by several different companies. Read about it and let us know if you are interested.

The baby is growing more quickly. You should feel consistent fetal movement. You can do a kick count every day to monitor movement. If you feel less movement, rest and drink cold water or eat a snack. If your baby doesn't move in response to that, it is important for you to call us (even if it is the weekend)!

A Tdap vaccination is recommended during each pregnancy between 27-36 weeks to help protect your baby from pertussis. Other adults who will be around the baby should also get this vaccination if they haven't in the last 10 years.

It is important to take care of yourself and pay attention to what your body needs. Take it easy at work – take frequent breaks, rest during your lunch hour, and change positions often. Avoid fumes, chemicals, and tobacco smoke.

Watch for signs of preterm labor. Some symptoms to watch for:

- Menstrual-like cramps, with or without nausea
- 6 or more contractions in 1 hour
- Low, dull backache that doesn't go away when you change positions
- Pain or pressure in pelvis that comes and goes in a pattern
- Intestinal cramping or flu-like symptoms with or without diarrhea
- Increase or change in discharge – heavy, mucus-like, water, or streaked with blood
- If you think you are having contractions, drink 2-3 glasses of water and monitor. Empty your bladder and lie down. If they continue, call us.

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____