



Your birth, your way!

32 - 34 weeks

You are getting closer to your delivery date. Most likely you have completed, or are close to completing, your prenatal classes. You have read all the literature that you can get your hands on and talked with all your friends and family about their births. Now it's time to think about how you would like your birth to be. Of course, we all would like the fast, minimal or no pain delivery without any tears or complications.

Every delivery is different. Ultimately, we do not have control over how our labor will start, progress or how our birth will ensue. What we do have control over is pain management options, hospital choices and our thoughts and attitudes towards birth. The focus is always a healthy mom and baby; everything else is secondary. Labor and birth interventions will always be discussed with you prior to any action and a rationale will be given as to why we believe it is necessary. It is our goal to provide safe obstetrical care while supporting the birth experience you desire; write down what is important to you.

Varicose veins:

- Varicose veins are blood vessels that stretch out with the extra blood during pregnancy. Your legs may ache or throb.
- Avoid standing for long periods of time. Sit with your legs crossed at the ankles, not your knees. Prop your feet up when you can.
- Wear support hose or compression socks
- Exercise regularly

Hemorrhoids are more common during this time. Avoid constipation. Take a daily stool softener if you need to. Eat more fruits and vegetables and drink more water. You can use Tucks pads or ice packs. Warm sitz baths are safe. Anusol and Preparation H are also safe.

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____