



Your birth, your way!

34 - 36 weeks

By now, your baby and your belly have grown quite large. It's almost time to give birth! Your baby's lungs are almost ready to breathe air. You may be feeling excited and happy at times – but also anxious and scared. You might wonder how you'll know if you are in labor or what to expect during labor. Because each birth is different, there is no way to know exactly what childbirth will be like for you. Try to be open and flexible in your expectations and talk to your provider about any concerns you have.

Group B Strep is a common type of bacteria that can live in the vagina and rectum. It can make your baby sick after birth. You will be tested at 36 weeks for GBS. If you test positive, we will give you antibiotics during labor. The medicine will help protect your baby.

Learn about pain relief choices:

- Pain is different for everyone.
- You can choose from several types of pain relief. Options include medicine, breathing techniques, and comfort measures. Medications options include medicine in your IV or as a shot, or an epidural.

Labor and Delivery:

- The first stage of labor has three parts: early, active, and transition
- It is common to have early labor at home. You can stay busy or rest, eat light snacks and drink clear fluids. Do not eat or drink anything if you are planning to have a cesarean section.
- When talking during a contraction gets difficult, you may be moving into active labor. You should call us and discuss going to the hospital. Remember the 5-1-1 rule
- Call if your water breaks!

If you have a cesarean section at Baylor, at the hospital you will be asked if you want to donate your placenta to a company that makes products that help people with chronic wounds and burns.

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____