ADRIATICA
Women's Health
OB/GYN

Your birth, your way!

39 weeks

You are only a week away from your due date. Time seems to be dragging at this point in a pregnancy. You are most likely very emotional. You are tired, your feet are swollen, your back hurts, you were hoping to already have given birth, yet you know it's easier to carry the baby around this way and the baby will come when he or she is ready. Keep the focus on the baby. If the baby is moving well and you are healthy, let nature take its course.

If you are very uncomfortable and your cervix is favorable for delivery, induction can be discussed at this time. If you have a history of rapid delivery, especially if you are GBS positive, you may want to consider induction. If you get to 41 weeks and are still pregnant, induction is warranted.

Here are safe options to try if you are looking for a natural way to attempt to move the birth process forward:

- Sex. There is release of prostaglandins and contractions with orgasm. It is not a proven way to start labor, but it has been effective for some and is safe.
- Evening Primrose Oil. You can take 500mg two or three times a day orally. Do not take more than 500mg at a time.

Things to avoid:

- Do not use any form of cohosh herbs. These are not safe and can be harmful to you and/or your baby.
- Castor oil will give you GI upset and contractions but not necessarily a baby.

Think about postpartum birth control options:

- If you are breastfeeding, you can still get pregnant- even before your periods return.
- IUDs are very effective and can provide birth control for 3-10 years, depending on the type.
- Hormonal implants, Dep-Provera, and birth control pills also work well. These are started at your postpartum visit (at 6 weeks)

Gestational age: _____

Today's weight: _____

Total weight gain: _____

Next appointment: _____