

WHAT TO EXPECT IN THE LAST FEW WEEKS OF PREGNANCY.....

You may have noticed that it has been quite awhile since you have seen your toes. Yes, those sleepless nights, frequent bathroom stops and “I just can’t find a comfortable position” complaints are normal. To help make your last weeks as pleasant as possible, here are a few suggestions:

- Realize and admit your limits. If you are tired, lay down. Listen to your body, it offers good advice.
- Drink plenty of water.
- Avoid too much caffeinated or diet soda, processed foods, pizza, Asian food, etc.; which contain salt, resulting in water retention and swelling.
- Wear comfortable clothes. Flat shoes will lessen the strain on your lower back. Many women find support garments helpful, also. Pillows, pillows and more pillows!

HOW DO I KNOW IF I AM REALLY IN LABOR?

After 36 weeks of pregnancy, we do not try to stop a woman from having her baby early. This means you only need to call us when you are ready to go to the hospital, because:

- You are having contractions every 5 minutes for an hour.
- You think your water may have broken.
- You are bleeding heavily, similar to a period.
- A small amount of bleeding is normal in the last few weeks. Passing some mucous or the mucous plug is also normal. We do not need to know this.
- The baby is not moving. The baby may not be as active, but he/she should move throughout the day.

Call the doctor immediately if you experience any signs for pre-eclampsia:

- A strong headache that will not go away, especially if you see “spots in front of your eyes”
- Faint feeling
- Vomiting, upper abdominal pain, flu-like symptoms without fever.

If something unusual is happening, please do not hesitate to call us.

If you have a history of rapid labor, talk to us in advance about when to call.