The Third Trimester.

month 7				month 8				month 9				
week 28	week 29	week 30	week 31	week 32	week 33	week 34	week 35	week 36	week 37	week 38	week 39	week 40

ABOUT YOUR BABY

- Your baby's brain is growing very fast and most of her major organs are working well. But we know that babies who are born after the 37th week of pregnancy are usually better equipped for life outside the womb.
- Your baby sucks her thumb and opens and closes her eyes.
- She may move into position to be born, with her head down and lower in your abdomen.
- Near the end of your pregnancy, your baby will be about 19 to 20 inches long and weigh between 6 and 9 lbs.

THINGS TO DO

- Elevate your feet whenever possible.
- Drink plenty of fluids, eat fruit and vegetables.
- Rest whenever possible (preferably by lying on your side).
- Go to prenatal classes and get a tour of the hospital.
- Line up a friend or relative to be available if you need a ride to the hospital.
- Talk with your birth partner and doctor or midwife about your labor preferences.
- Consider hiring a doula.
- Pack your bag.

ABOUT YOUR BODY

- This can be an uncomfortable time. You may have hemorrhoids, heartburn, backaches, and have to go to the bathroom often.
- It is not uncommon to have "Braxton Hicks" or warm-up contractions.
- Vaginal discharge may increase this trimester.

QUESTIONS FOR YOUR DOCTOR/MIDWIFE

- ? How will I know I am in labor?
- ? If I think I am in labor, when do you want me to call you?

SPECIAL REMINDERS

If you experience any of the following, call your doctor or midwife:

- Contractions or cramps every 15 minutes before your 37th week of pregnancy.
- Blood or water leaking from your vagina.
- Blurry or spotty vision.
- Swelling that isn't better in the morning.
- Upper abdominal pain, heartburn, headaches, nausea or vomiting more severe or different than you have experienced up until now.

NOTES

PRESBYTERIAN