

3rd Trimester FAQ

1. Do I really have to sign up for pre-natal class at the hospital? They cost money.

We especially encourage 1st time moms and dads to take prenatal class through HealthEast. They help prepare you for labor and your delivery. They also give you a tour of the hospital so you know where to park, where to go upon arrival and help eliminate some of the fears of the unknown. There is also a refresher course, and an online class.

2. How do I know if my water broke?

You may have a gush of fluids, or it might be a slow steady leak. Either way, if you change your underpants and they are wet right away again, you have probably ruptured your membranes. It does not have the ammonia smell of urine. Call the clinic during office hours or Labor and delivery weekend and evenings if you are unsure.

3. It feels like I'm contracting a lot. When should I be concerned?

If you are not yet 37 weeks and are having frequent contractions (greater than 5 or more per hour) we will want to try to stop your contractions, or at least slow them down. Call to come in to be evaluated, either at the clinic or at the hospital. The medication to be given if needed is only available at the hospital.

4. I can't get my rings off or see my ankles. Does that mean I'm in trouble?

We do need to evaluate your swelling and find out if you have any other symptoms of Pregnancy induced Hypertension.

5. I have a severe headache and nothing is helping, should I come in?

If you've tried Tylenol every 4 hours and rested with a cold wet cloth to your forehead, we need to check your blood pressure either in the clinic or hospital.

6. I was just there for my pelvic exam and now I'm having some bleeding and I'm scared.

With your weekly pelvic exam during your final weeks of pregnancy many women have some bleeding or bloody discharge for approximately 24 hours after being examined. This is not placental blood but due to your own increased vascularity. Call if you see flowing red blood.

7. What does it mean that I have a positive Group B Strep culture result?

We let you know if you are GBS positive so you are aware that you will need to be given an IV antibiotic during labor. Many women carry GBS in their vaginal canal but their own immune system keeps them from being sick from it. However, babies can get quite sick if they contract it during a vaginal birth.

8. I'm having some shortness of breath and can't sleep very well. What can I do?

Some women feel heart palpitations or shortness of breath due to their increased blood vascularity. Lying on your back your uterus presses on the greater blood vessels leading back to your brain, heart, and lungs that actually aren't getting as much oxygenated blood flowing back. Also the increased size of your baby pushes on your diaphragm, making it harder to breathe. Try sleeping in a recliner if you have one, or lie on your left side for best results.

9. My baby's movements have slowed way down should I be worried?

Try doing "fetal kick counts" to see if you get 10 movements within 2 hours. Be sure to eat and take in some fluids first. If the baby does not move after this call the office or labor and delivery

10. How do I know when I'm in real labor?

Early contractions tend to be irregular; they will become much more regular and stronger. We will send you to the hospital when they are every 5 minutes for about an hour. Be sure to call Labor & Delivery before you head in to the hospital.