

OBSTETRIC VISIT 35-36 WEEKS

HOW IS MY BABY DEVELOPING?

- 36 weeks – the baby weighs about 2500 grams on average (5 pounds 8 ounces), and the average length is 32 centimeters. The babies' abdomen is rounded with fat and the skin is smooth and unwrinkled.

WHAT TESTING DO I NEED TO HAVE DONE

- Everyone should have testing for the Group B Strep bacteria at this time
- Group B Strep is a common normal vaginal bacteria occurring in about 1 in 3 women
- Women who test positive for Group B Strep require antibiotics during labor so that the baby does not breathe in the bacteria resulting in a risk of Group B Strep infection in the baby
- Group B Strep is not a sexual transmitted disease

WHAT ARE THE SIGNS OF LABOR AND WHEN SHOULD I GO TO THE HOSPITAL?

- You should go to the hospital if you have any of the following
 - Regular contractions every 5 minutes for 1 hour
 - The water has broken
 - Vaginal bleeding more than a little spotting after your cervix is checked or you have intercourse
 - If your baby is not moving normally

YOU SHOULD CONTINUE YOUR KICK COUNTS!!

- Continue to monitor the babies movements using kick counts
- After a meal you can lay on your side and feel the baby moving
- It is normal to feel 10 movements within 2 hours
- If you do not feel enough movement you should be seen in the hospital or office immediately.

WHAT KIND OF BIRTH CONTROL SHOULD I USE?

- If you would like to get your tubes tied we need to sign papers at least one month prior to your due date. It is important to remember that a tubal is permanent and irreversible.
- Other options that are easy, long term, and equally effective to tying the tubes include:
 - Mirena IUD – the T shaped device is placed easily in the uterus and lasts for 5 years
 - Implanon – is placed in your arm and acts like a 3 year depo provera shot

COMMON PROBLEMS AND SOLUTIONS

- Round ligament pain
 - These are usually sharp pains that occur on both sides of the lower abdomen.
 - They can be relieved by taking Tylenol extra strength 2 pills (1000 mg) every 6 hours by mouth as needed.
 - As the baby grows your uterus is supported by ligaments at the top of the uterus that stretch down across the lower part of your abdomen and down into the labia. Stretching on this ligament causes round ligament pain.
- Constipation
 - Occurs because increased progesterone in pregnancy slows down the bowels
 - Can be initially treated with increase in exercise, fiber, and water intake
 - If these don't work use Miralax over the counter one dose daily

- Leg Cramps
 - Are painful muscle contractions in the calves usually occurring at night
 - Stretching exercises may be an effective preventive measure. Stand facing the wall, feet together, about 24 inches from the wall. With the heels firmly on the floor and the body aligned straight at the hips and knees, lean forward to the wall, stretching the back of the calf. Hold this position for 20 seconds. Repeat five times per session, at least two sessions daily.
 - Also, try a hot bath or shower, more hydration, and exercise to condition the leg
 - If this does not work supplementation with Magnesium may help
- Heartburn
 - Tends to worsen with pregnancy as the baby gets larger and pushes up on the mothers stomach
 - You can use TUMS and Maalox along with lifestyle changes below to help. If TUMS and Maalox do not control your symptoms then a prescription acid reduction medicine is needed.
 - Lifestyle changes include:
 - Raise the head of your bed by 6 to 8 inches by putting the bed on wood blocks or putting a Styrofoam wedge under the mattress
 - Stop smoking, if you smoke
 - Eat many small meals instead of 2-3 large meals per day
 - Avoid lying down for a full 3 hours after each meal
 - First avoid foods that are associated with more stomach acid. These include:
 - Coffee
 - Chocolate
 - Peppermint
 - Spicy and greasy foods
- Lower Back Pain – is usually caused by muscle strain due to carrying the baby and can be treated with 2 pills of extra strength Tylenol every 6 hours and applying a heating pad to the lower back about 3-4 times per day for 20 minutes at a time. Upper back pain can be caused by a bladder infection so please let me know if you have this symptom.
- Water breaking
 - Water breaking is not normal and is a risk for infection around the baby
 - If you are suspicious that your water is broken you should call the office or go to the hospital if the office is closed.