

Your Pregnancy Guide



3rd Trimester

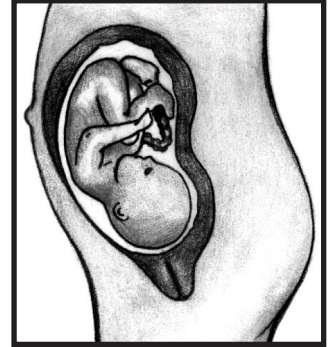
Week 28: How We Grow...Month 7

Your Baby:

- Can breathe, swallow, and hiccup
- Weighs about 2 ½ pounds
- About 13-15 inches long (the size of an eggplant)

You:

- Colostrum, or early milk might leak from your breasts
- Try to always lie on your side or tilted instead of on your back
- Could have stretch marks
- Should feel the baby kicking and turning over



Week 32: How We Grow...Month 8

Your Baby:

- Is very active
- Looks less wrinkled because fat has grown under the skin to keep the baby warm
- Weighs about 4 pounds
- About 16 inches long (the size of a squash)

You:

- Have a growing belly
- Might get tired
- Could have some pressure in the lower tummy
- Might need to go to the bathroom more often
- Could have some heartburn
- Might have: shortness of breath, constipation, varicose veins, leg cramps, or hemorrhoids



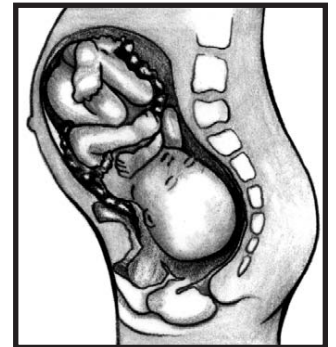
Week 36: How We Grow...Month 9

Your Baby:

- Growing about a ½ pound per week
- Has fingernails now
- About 18 inches long (the size of a honeydew melon)
- Should weigh between 5-6 pounds

You:

- Belly button might stick out
- Ankles might swell (you may notice this more at night)
- Random tightening of the uterus (this should go away with rest and drinking lots of water)
- Might be hard to find a good position to sleep or sit
- May have heartburn



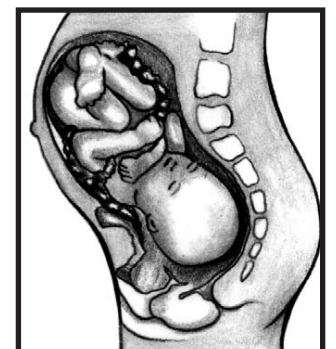
Week 40: How We Grow...Month 10

Your Baby:

- About 19-21 inches long
- Should weigh between 6 ½ - 8 ½ pounds at birth
- Sucks its thumb
- Can get hiccups

You:

- May feel tired
- Hips and pubic bone may ache
- May feel lots of pressure in your vagina
- Might notice more discharge in your underwear
- Could have a hard time sleeping at night
- May have more heartburn



Preterm Labor

Preterm labor happens when you start having contractions before 37 weeks. These contractions could start labor before your baby is ready.

Signs of Preterm Labor

- Stomach pain or tightening that happens 6 times (or more) in 1 hour
- A heavy feeling on your vagina that comes and goes 6 times (or more) in 1 hour
- Water breaking (this might feel like a gush of fluid or a constant trickle of fluid)
- Feeling like the baby is balling up 6 times (or more) in 1 hour

If you have these signs, do this right away:

- Lie down
- Drink 2 large glasses of water over 20-30 minutes
- Have a small snack
- Feel for contractions (if you still have them every 5-10 minutes for an hour, call your health center or go to the hospital to be checked)

It is normal to feel some contractions that **don't** start labor. This could happen in the last 3 months of your pregnancy.



You should call your health center if your signs and symptoms do not go away.

Fetal Movement and Kick Counts

Fetal movement or kick counts measure your baby's activity level. Your baby should move many times every day. Do kick counts when you cannot remember the last time your baby moved or feel like your baby is moving less than normal. Kick counts are a good way to see if your baby is moving the normal amount. Most women start kick counts at 26 weeks of pregnancy.

Kick Counts

1. Ask your provider how often you should do kick counts.
2. Before you do kick counts, eat a healthy snack and drink a large glass of juice or water. Your baby is more active after you eat.
3. Go pee.
4. Get a sheet of paper and pen.
5. Find a quiet, comfy place to lie down where you can see a clock.
6. Turn off the TV and phone.
7. Lay down on your side.
8. Relax.
9. Focus on your baby's movements. Put one hand on your belly. If you don't feel movement after 40 minutes, turn on your other side.
10. Count the number of times your baby moves. Use the chart below.
11. Once you count 10 kicks or movements, you can stop counting.
12. If you feel less than 10 movements or kicks in 2 hours, call your provider.

Write down the number on the chart as you go, so you don't lose track.
There should be at least 10 movements or kicks in 2 hours.

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Start Time							
Kicks (up to 10)							
End Time							

When to Call the Health Center

Most women have times when they are nervous about pregnancy. It is normal to be concerned about the changes in your body.

Go to the Emergency Room right away if you have:

- Vomiting and diarrhea that lasts more than 24 hours, and you cannot keep down food or liquids
- Vaginal bleeding like a period (light spotting after sex or a pelvic exam can be normal)
- Bad belly pain that does not go away

Call your health center or after-hours nurse right away at 317-957-2070 if you have:

- Not felt your baby move all day, or less than 10 movements in 2 hours
- Blurry vision or seeing spots, with a headache and swelling
- Headaches where Tylenol and rest don't help, with swelling in your hands and face
- Backache, belly tightening up, and pelvic pressure. It feels like the baby is pushing down.
- A sudden gush of water or nonstop wetness
- Swollen, sore, or red area on your leg



Call the health center as soon as it opens if you have:

- Pain or burning when you pee
- A bad smelling discharge from your vagina or concerns about a sexually transmitted infection
- Blood spots coming from your bottom when you have a hard poop

You can talk to your provider about these normal changes at your next visit:

- Swelling of the feet and ankles
- Backache (This is common during pregnancy - you can talk to your provider about what to expect and tips to relieve the back pain)

Prenatal Vaccines

Flu Shot

If you get the flu while you are pregnant, you are more likely to get really sick and get pneumonia. During flu season, your providers suggest getting a flu shot. This will not make you sick. It can help you from getting a bad case of the flu. A flu shot will not hurt your baby.

Pertussis Vaccine

After 27 weeks, your providers would like you to get a booster shot against whooping cough (Pertussis). Babies that get whooping cough can become very sick and some have died from it. The best way to protect your baby is for you or any one around your baby to get a booster shot.

COVID-19 Vaccine

Because COVID is dangerous and easily spread, the CDC and The American College of Obstetricians and Gynecologists strongly recommend that pregnant people get a COVID vaccine. Pregnant people who get COVID-19 are at a higher risk for severe illness and adverse birth outcomes. Talk with your provider to make the choice that is best for you and your baby.

Group B Beta Streptococcus (GBS)

What is GBS?

A kind of bacteria that starts in the intestine and is found in the vagina. It can cause serious illness and even death in a newborn. The risk is very small. 10%-30% of women have this bacteria.

How does an infant get GBS?

GBS can pass from the mother to the baby during the last month of pregnancy or during the birth process.

How do you test for GBS?

Around 36 weeks, you or your provider will swab from the vagina to your rectum to see if GBS is present.

What if the GBS test is positive?

If you have GBS, you will get antibiotics through a small tube placed in your vein (IV) when you are in labor. This lowers the chance of your baby getting sick from GBS.



3rd Trimester Prenatal Tests

These tests are done to check your health. Some health issues can hurt your baby. If the tests show that you have one of these health issues, your provider will work with you to keep you and your baby healthy.

Test	Why?	When?
Blood Tests		
Blood Count (CBC)	Looks for anemia (low iron which can make you feel tired) and infection (sickness caused by germs)	1st visit, 26-28 weeks, at delivery
HIV	To see if you have HIV (a blood virus that keeps your body from fighting germs)	1st visit and at 36 weeks
Syphilis	To see if you have syphilis (a germ that can make you sick if left untreated)	1st visit, 28 weeks, at delivery
Diabetes Screen	To see if you have diabetes during pregnancy	1st visit and at 24-28 weeks
Urine Tests		
Gonorrhea, Chlamydia, and Trichomonas	To check for sexually passed infections that can hurt you or your baby if left untreated	1st visit and 36 weeks
Swab Tests		
Group B Beta Strep	To see if you have group b beta strep (a germ that can make your baby very sick)	35-37 weeks

Rhogam (Rh-negative)

If your blood is Rh-negative you will need to be treated with medicine. During pregnancy, it is normal for a small amount of the baby's blood to enter your bloodstream. If your baby is Rh-positive and you are Rh-negative, there will be a blood type mismatch. Your body may react to your baby's blood as a foreign substance and make antibodies against it. This can cause a miscarriage, anemia, and problems in later pregnancies.

Your doctor will prescribe RhoGAM. When given at the right time, RhoGAM will prevent your immune system from reacting to your baby's blood. It is made from human blood and may carry a risk of transmitting disease-causing agents.

Preeclampsia

Preeclampsia is a serious disease related to high blood pressure that can happen during pregnancy or just after having a baby. Risks for moms are seizures, stroke, organ damage, and death. Risks for your baby are being born too early and death.

Finding it early is important to you and your baby. Call your provider right away if you have any of the following symptoms:

- Headache
- Seeing spots
- Gaining more than 5 pounds in a week
- Feeling nauseous or throwing up
- Swelling in hands, face, and feet
- Stomach pain in the upper right corner or upper middle area of belly (not due to contractions, tightening, your baby moving, or heartburn)

Types of Labor and Birth

Spontaneous Labor

This is when you go into labor on your own because your water breaks or you are having strong, regular contractions that do not stop. It best when labor starts on its own. This usually happens anywhere from 37 to 42 weeks of pregnancy. Your due date is just an estimate and rarely are babies born on this day. Each pregnancy is different.

Induction of Labor

Induction is when we try to make your body go into labor with strong, regular contractions. There may be some medical reasons that your provider may induce you before your due date.

Inducing labor may increase your risk of having a c-section, so we will only induce your labor for very good reasons. Inducing your labor does not always happen in 1 day or work the first time. If your induction does not work, your provider may send you home.

There are several ways your provider may start your labor. They may use more than 1 way.

- Medicine placed in your cheek or vagina to soften the cervix and prepare it for labor
- Breaking your water
- Medicine, called Pitocin, given through an IV to start contractions
- Cervical ripening balloon, a device that is inserted and expanded to put pressure on the cervix

Cesarean (c-section)

If you have had a c-section before, you may choose to have one again. The other option is a Vaginal Birth After Cesarean (VBAC). If you are interested in a VBAC, talk with your provider.

My Birth Wish List

People I want with me during labor and birth: _____

Talk to your provider closer to your due date to ask what the latest visitor guidelines are.

1 Labor

- | | |
|--|---|
| <input type="checkbox"/> No pain medicine | <input type="checkbox"/> Wear my own clothes during labor and birth |
| <input type="checkbox"/> IV pain medicine | <input type="checkbox"/> Have my partner take pictures |
| <input type="checkbox"/> An epidural | <input type="checkbox"/> Bath/shower |
| <input type="checkbox"/> A water birth | <input type="checkbox"/> Breathing techniques |
| <input type="checkbox"/> Bring music to listen to | <input type="checkbox"/> Hot/cold therapy |
| <input type="checkbox"/> Keep the lights low | <input type="checkbox"/> Massage |
| <input type="checkbox"/> Bring aromatherapy, like lotion or oils | <input type="checkbox"/> Nitrous Oxide Gas (laughing gas)
Only available with a negative COVID test |
-

2 Birth

- View the birth using a mirror
 - Touch my baby's head as it comes out
 - Keep the room quiet
 - Choose what position I want to push: _____
-

3 After Baby is Born

- Skin-to-skin right after my baby is born
- Wait for an hour to have any medical procedure, unless it is urgent
- Breastfeed as soon as I can
- Have my partner cut the umbilical cord
- See what my health care team is doing for my baby (giving medicine, checking vitals, etc.)
- Have my partner stay with the baby at all times if I can't be there
- Breastfeed
- Breastfeed and formula-feed
- Formula-feed only

4 For Baby

- Erythromycin eye ointment (to keep the baby's eyes from getting infected)
- Hepatitis B shot
- Vitamin K shot
- I want him circumcised
- I do not want him circumcised

5 Other

- _____
- _____
- _____
- _____

Where We Deliver

Labor and Delivery as well as OB Emergency Services (OB Triage) are located in the Riley Hospital Maternity Tower. This is a non-smoking campus. All patients going to Labor and Delivery or OB Emergency Services should go to:

Riley Hospital Maternity Tower

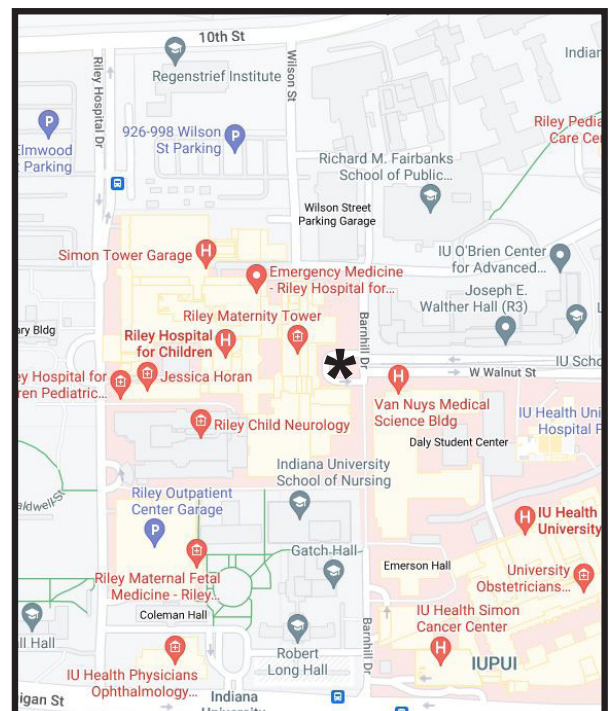
702 Barnhill Drive
Indianapolis, IN 46202.

Parking

Free valet parking for patients is available at the roundabout at the front of the building (* as shown on map). Once you arrive, Patient Services will assist you up to the 2nd floor of the Maternity Tower.

Guests will need to pay for parking in the parking garages on the Riley Hospital campus. Guests can use the Simon Family Tower Garage or the Riley Outpatient Center Garage which are located off Riley Hospital Drive.

To learn more about the Riley Hospital Maternity Tower, please visit indyhealthnet.org/Where-We-Deliver/.



Hospital Packing Checklist

For Mother

- Comfortable, loose fitting clothes to sleep in
- Bathrobe
- Socks
- Slippers
- Underwear
- Nursing Bra
- Breast pads
- Comfortable clothing and shoes
- Toothbrush, toothpaste, shampoo, conditioner, soap, hairbrush
- Chapstick (very helpful during labor)
- Breath mints
- Snacks
- Contact lens case, contact solution, and glasses if you need them
- Cell phone and important phone numbers
- Insurance card, registration card, birth plan, driver's license/state issued ID
- Camera and or/video camera (you can take videos during labor and after birth, but it is against Hospital Policy to video during delivery)

For Baby

- Baby blankets
- Clothing for your baby to wear home
- Car seat - your baby cannot go home without this. You can purchase a car seat at the hospital if you need to.

For Father

- Social security card or ID with signature that is current

The hospital has a Safety Store where you can purchase baby items. To learn more, please visit safetystore.iu.edu or call 317-274-6565.

Tips for Coping with Labor

Change your position	<ul style="list-style-type: none">• Hands and knees (rock back and forth and move your hips)• Stand• Sit in a chair• Lean on the bed (sit on a birthing ball and let your upper body rest on the bed)• Use a squat bar that we can connect to the bed• Create your own position
Sit on a birthing ball	<ul style="list-style-type: none">• You can bounce or rock on a birthing ball• Helps lessen back pain• Gets the baby into a good position for birth
Back massage	<ul style="list-style-type: none">• Something your support person can do for you• Getting a back rub helps relax your muscles which may reduce pain
Nitrous Oxide (laughing gas)	<ul style="list-style-type: none">• You must have a negative COVID test to get Nitrous Oxide• Inhaled through a face mask before and during a contraction• Helps you to relax and cope with pain
Water or birthing tub	<ul style="list-style-type: none">• Taking a shower or floating and changing positions in a tub can help lower pain
Intravenous (IV) pain medicine	<ul style="list-style-type: none">• You will still feel contractions, but they might feel less strong. Many women can fall asleep between contractions.
Epidural	<ul style="list-style-type: none">• A pain medicine doctor will put a small tube in your back that gives you medicine all through your labor• You are numb from the breast down and will not be able to get out of bed• The medical team will check the baby's heart rate all the time• A pain medicine doctor will check on you while it is in your back• You will still feel pressure, but it will help with pain

Using Water during Labor and Birth

Why do some women choose to labor in a tub?

- Feel lighter in the water
- Better blood flow in mother
- Can speed up labor
- More feeling of control
- May help lower pain

What are the side effects of using a tub?

- Might slow labor if used too early
- You and your baby could get too hot or too cold
- You might have a higher risk of infection

What could stop you from using a tub?

- Having an epidural in your back
- Baby's heart rate needing to be watched all the time
- Heavy vaginal bleeding
- Signs of an infection (like a fever)
- Hepatitis or HIV infection
- Preterm birth (3 or more weeks before your due date)
- Being very overweight or health issues like diabetes or high blood pressure
- Ask your provider if there are other reasons you may not be able to use a tub

Planning to use a tub during labor or birth?

- Talk to your provider
- Sign a consent form
- Talk with your support person to discuss your plans
- Try to take a childbirth education class. HealthNet has classes you can take.
- Know that you may need to get out of the water if your provider asks you to
- Tubs are offered on a first come, first serve basis

While You Are in the Hospital

Visiting Rules:

- Ask your provider about the most recent visitor guidelines.
- Once your baby is born, you will be moved to another room. Only 1 person is allowed to stay with you overnight.

Monitoring the Baby:

- When you arrive at the hospital, you will be hooked up to a monitor that shows the baby's heart rate and if you are having any contractions.
- When your provider decides your baby's heart rate is ok and it's safe for you and your baby, staff may take the monitors off. This will make it easier to walk and use the bathroom.
- Any time you get medicine, you will be placed back on the monitors to watch your baby's heart rate.

Leaving the hospital with no problems:

- Vaginal birth: 1-2 days
- C-section: 2-3 days



Other items:

- To take your baby home, you will need to have a car seat.
- WIC and birth records will contact you after your baby is born.
- To put the father's name on the birth certificate you must bring proof of your marriage and the father must bring a valid ID and sign a Paternity Affidavit.
- For safety reasons, your baby's name at the hospital will always match your last name.

Importance of Early Breastfeeding

Breast milk is the best source of nutrition for your new baby. Breast milk also has important health benefits for babies born too early. You should start breastfeeding within the first few hours after birth.

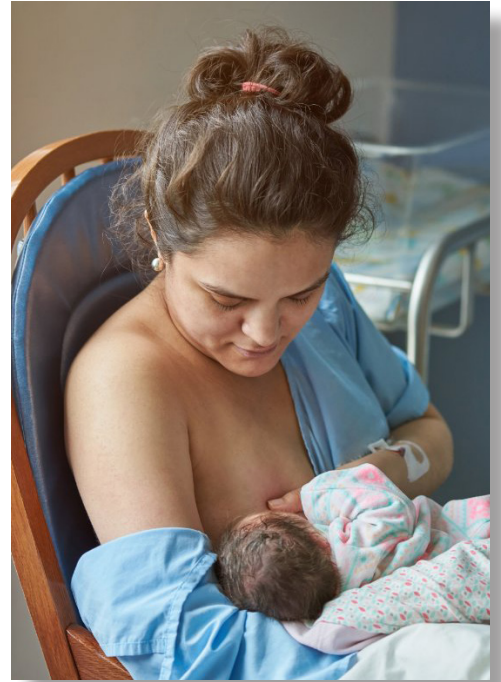
Colostrum

Colostrum is the first milk you make. It is easy for your baby to digest and produced in just the right amount for your baby's small stomach. Colostrum is a gold or yellow liquid rich in nutrition and healthy antibodies that help protect your baby from infections. During this time, your breasts will not feel full because of the small amount your body will produce.

Milk supply

Frequent breastfeeding (or pumping) helps your body make more milk and meet your baby's needs. During the first few days after birth, your baby will be eating 8 to 12 times in 24 hours.

Don't give your baby formula unless your provider tells you to for medical reasons. Feeding your baby formula won't make them sleep better and can lead to a low milk supply. In about 1-3 days after birth your milk will change and increase in amount. This is when you start making "mature milk." Feeding your baby often in these early days will help you make the amount of mature milk your baby needs.



Cluster Feeding

Cluster Feeding is when your baby feeds close together at certain times of the day. It is very common in newborns. It usually happens in the evening, but each baby is different. Usually your baby will have 5-10 feedings over a 2-3 hour period, followed by 4-5 hours of deep sleep.

The length of each feed also varies (generally between 5-20 minutes). You should continue feeding your baby as long as they are actively suckling and swallowing.

Even though breastfeeding is a natural process, it is normal for it to feel awkward at first. Many moms have questions or concerns about breastfeeding.

At the hospital, all breastfeeding moms are seen by a Lactation Consultant (a breastfeeding expert) who is there to help with these concerns.

Circumcision

Circumcision is when the foreskin around the end of the penis is surgically removed. Circumcision only takes a few minutes. During circumcision:

- The penis and foreskin are cleaned.
- A special clamp is attached to the penis and the foreskin is cut and removed.
- After the procedure, gauze with Vaseline® is placed over the wound to protect it from rubbing against the diaper.

It is your choice if you want to have your son circumcised. It is not required by law or hospital policy. Talk to your provider about the risks and benefits so you can make the best decision for you and your son.

Choosing a Provider for Your Baby

It's a good idea to start looking for a provider for your baby in the 3rd trimester. HealthNet has a wide variety of pediatric providers who can take care of your baby.

HealthNet's Pediatric & Adolescent Services can provide you and your family with the following services:

- **Well-Child Care:** Newborn care, well-baby and toddler care, including childhood shots
- **Sick-Child Care:** Same day appointments available for urgent needs like flu, ear infections, rashes, respiratory illness, colds, sore throat, fever, minor cuts and scrapes
- **School-Age and Adolescent Physicals:** Physical exams required for school, sports, and daycare
- **Ongoing Conditions:** Care for asthma, allergies, diabetes, and other chronic issues
- **Behavioral Health:** Services for attention deficit disorder (ADD), mental health, and behavior concerns
- **Support Services:** Pediatric Psychologist, Social Workers, Dietitian, Eye Care, Dental Care, and Healthy Families

Scan the QR code to learn more about our Providers or visit www.indyhealthnet.org and select "Find A Provider."



Birth Control Options After Pregnancy

Any time you have sex without birth control, you can get pregnant. This is true even if you just had a baby, are breastfeeding, or don't have normal periods. It is a good idea to think about birth control while you are pregnant so you can make the best choice to prevent unwanted pregnancies. Talk to your provider about your options and what is best for you.

Birth Control Options for Breastfeeding Moms

Progesterone pill (the mini-pill)

- Has a small amount of hormone
- Usually started 4-6 weeks after you have had your baby
- Take this pill at the same time every day

Depo Provera (the shot)

- You must get it every 11-13 weeks in your provider's office
- You can get this shot before you leave the hospital or wait until you see your provider
- You may have irregular bleeding and feel more hungry

Nexplanon

- A small rod that your provider places under your skin in your arm
- It lasts for 3 years
- You may have irregular bleeding, but that is normal and not harmful
- This can be put in place at the hospital before you leave or at your health center

Hormonal or Progestin IUD

- A small, plastic T-shaped device that your provider places in your uterus
- It can be left in place for up to 3-7 years
- You may have irregular bleeding, but that is normal and not harmful
- It is put in place and taken out by your provider



Birth Control Options After Pregnancy

Birth Control Options for Formula Feeding Moms

The Pill

- Take it everyday at the same time
- You should have a period during the last week of the pill pack



The Patch

- Wear this small patch on your arm, back, butt, or lower belly
- Change your patch 1 time a week for 3 weeks, always on the same day
- Take the patch off for the 4th week to get your period



Vaginal Ring

- Put this small ring (that is flexible and soft) in your vagina 1 time a month
- Leave the ring in for 3 weeks then take it out on the 4th week to get your period



Birth Control Options for All Moms

Condoms (free at all HealthNet center - just ask!)

- The only birth control that lowers your chance of getting a sexually transmitted infection (STI)
- Use a new condom for every sex act to prevent pregnancy and STIs



Permanent birth control

- Tubal Ligation (surgery where the fallopian tubes are cut or blocked)
- Vasectomy (surgery where a male can have a cut or seal in his testicles to prevent sperm from getting out)



Paragard IUD (intrauterine device)

- A small T-shaped device made of copper that the provider places in your uterus
- It can be left in place for up to 10 years and is put in and taken out by your provider
- You will have regular periods since this method does not have hormones

Phexxi (prescription vaginal gel)

- Must be used right before or up to 1 hour before each act of vaginal sex.
- Effective right away and lasts up to 1 hour
- You must use another dose of Phexxi every time you have vaginal sex (like using a new condom)

