

24 Week Visit Prenatal Information Sheet



Goal: Prevent preterm labor for a safe
and healthy baby

Prenatal Information Sheet: 24 Week Visit

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Your baby's growth

- Your baby is now about 8.4 inches long and weighs about 1.2 pounds.
- Your baby is resting and growing inside your uterus, inside of a sac filled with amniotic fluid. This sac provides the perfect environment for your baby. Movement is easy and the fluid serves as a cushion for the fetus against injury. The fluid in the sac also regulates the temperature. The fluid level should now begin to increase steadily.



Your baby's growth

Your body's changes

- Your uterus is now an inch or two above the belly button and is about the size of a small soccer ball.
- You may feel occasional tightening of your abdomen (Braxton-Hicks), which is normal.
- You may develop varicose veins, increased heartburn, and skin changes due to the fluctuation in hormones.
- If you have any of the signs of preterm labor, such as cramping or contractions that do not go away within an hour of rest, call your provider immediately.



Your body's changes

Your family's changes

- Talk to your family about ways to help each other adjust to the many changes you are all facing. Encourage their involvement by inviting them to your clinic visits. Jointly plan for the future and share the many emotions, fears, and joys you are all going through. The more your family is involved now, the easier they will bond with the new baby and participate in his/her care.
- If the father of the baby is not available, find someone you trust and who is willing to be your support person.



Your family's changes

Who will be my support person? _____

Your thoughts and feelings

- You may still feel somewhat emotional at times. This will likely continue through your pregnancy as you and your partner prepare for changes now and after baby arrives. As much as you are excited about planning for your baby's birth, you may be worried about how you will adjust to motherhood, labor and delivery, expenses, work and the changes that are coming.
- Discuss your feelings with someone you trust, and your healthcare provider, especially if you have been very sad or depressed.



Thoughts & feelings



Signs to report immediately

Signs to report immediately

- When in doubt, call the clinic, your healthcare provider or Labor and Delivery!
- Bright red vaginal bleeding
- Gush of fluid from the vagina
- Four or more painful cramping contractions within an hour (after resting and emptying bladder)
- Severe nausea and vomiting
 - Inability to keep fluids down
 - Producing small amount of dark urine or no urine at all.
- Persistent headache (unrelieved by taking Tylenol®)
- Loss of vision
- Sudden weight gain
- Rapid swelling of hands and face
- Constant right upper belly pain
- Fever at or over 100.4° F or 38° C



Today's visit

Today's visit

- We will measure your uterine growth, blood pressure, weight, listen to your baby's heart rate, and discuss any concerns or questions you may have.
- Schedule lab tests.
- Sign up for breastfeeding and other prenatal classes.
- Check to see if you are having any preterm contractions.
- Learn the signs of preterm labor and what to do if it occurs.
- If you had a cesarean delivery for a prior birth, discuss your birth options for this pregnancy. See Cesarean Delivery in Resource Section for further information.
- If you are considering surgical sterilization ("tying your tubes") you should discuss this with your provider now. Some states require several weeks between a signed consent and surgery.








Your weight:

Your total weight change:

Your weight

- Your weight gain will average close to one pound per week.
- Many common discomforts of pregnancy (constipation, nausea, heartburn) can be reduced through a change in diet.
- Record your weight on the Weight Chart in the Resource Section.
- How am I doing with my weight gain?

- What can I do to improve my diet and exercise?

<p>Reference: Prenatal Fitness and Exercise</p>	<p>Your exercise routine</p> <ul style="list-style-type: none"> • We recommend you drink a full glass of water for every 30 minutes of exercise you do. • The American College of OB/GYN advises women to avoid bouncing, jumping, jarring or high-impact motions. • Always check with your healthcare provider before beginning a new exercise. 	 <p>Your exercise</p>
	<p>Breastfeeding - a great start</p> <ul style="list-style-type: none"> • Some advantages of breastfeeding to you include: <ul style="list-style-type: none"> – Burns about the same number of calories as one hour of exercise and allows you to use some of the extra fat you have stored during your pregnancy. – Helps your uterus get back to its normal size faster. – Saves time, money and extra trips to the store for formula and supplies. – There are no special foods you have to eat; however, you should eat a well-balanced diet, and limit alcohol and caffeine. • For further information see Breastfeeding in Resource Section. 	 <p>Consider breast-feeding</p>
<p>Fetal heart rate: _____</p>	<p>Fetal heart rate</p> <ul style="list-style-type: none"> • Baby's heartbeat is getting much easier to hear. 	 <p>Fetal heart rate</p>
<p>Fundal height: _____</p>	<p>Fundal height</p> <ul style="list-style-type: none"> • Fundal height is about 24 cm or two inches above the belly button. 	 <p>Fundal height</p>
<p>My BP: _____</p>	<p>Your blood pressure</p> <ul style="list-style-type: none"> • Blood pressure is measured at every prenatal visit. High blood pressure can cause serious complications for baby and mother if left unchecked. 	 <p>Your blood pressure</p>



**Preterm labor
guidelines**

Preterm labor

- Your baby needs to continue to grow inside you for the full term of your pregnancy. Labor earlier than three weeks before your due date can lead to a premature (preemie) baby with many associated risks. Even 37 to 38 week babies can have difficulties.
- As always, when in doubt call your healthcare provider or Labor and Delivery.
- **Report any of the following symptoms to your health care provider:**
 - Low, dull backache
 - Four or more uterine contractions per hour. Uterine contractions may feel like:
 - Menstrual cramps
 - Sensation of “baby rolling up in a ball”
 - Abdominal cramping (may also have diarrhea)
 - Increased uterine activity compared to previous patterns
 - Increased pelvic pressure (may be with thigh cramps)
 - Sensation that “something feels different” (e.g., agitation, flu-like syndrome, and sensation that baby has “dropped”)
- **If you experience any of the above symptoms you should:**
 - Stop what you are doing and empty your bladder.
 - Drink three to four glasses of water.
 - Lie down on your side for one hour and place your hands on your abdomen and feel for tightening/hardening and relaxing of your uterus.
 - Count how many contractions you have in an hour.
 - If you have more than four contractions for more than one hour call either the clinic or Labor & Delivery immediately.
 - **You should report immediately:**
 - Change in vaginal discharge such as change in color of mucus, leaking of clear fluid, spotting or bleeding, or a vaginal discharge with a fish-like odor (may be more notable after sex).

Gestational Diabetes (GD) testing

- Gestational diabetes is high sugar levels in your blood during your pregnancy. It usually goes away after delivery. If your results are high, this does not mean you have diabetes, it just means further testing is needed.
- You will have a blood test for gestational diabetes. This blood test will tell how your body is responding to your sugar levels.
- To prepare for the test at your next visit, eat your usual dinner the night before the test and your normal breakfast the day of the test.
- At the lab, you will be given a very sweet drink (glucola) that has a specific amount of sugar in it.
- During the hour between drinking the glucola and having your blood drawn, do not eat or drink anything, including gum or candy, because it may affect the test results. You may drink plain water during this time while you are waiting.



**Gestational
Diabetes
(GD) testing**

Summary of visit

Due date: _____ Date of next visit: _____
Date for lab work/other medical tests: _____
Date for any other scheduled appointments: _____



**Summary
of visit**

Your next visit

At your 28 week visit we will:

- Measure your uterine growth, blood pressure, weight, listen to your baby's heart rate, and discuss any concerns or questions you may have.
- Provide instructions on counting fetal movement.
- Provide RhoGAM® if your blood is Rh negative (D-) and you are not sensitized.
- Have blood work for gestational diabetes and other labs if needed. You will have to wait one hour between drinking the glucola and having your blood drawn.
- Sign up for breastfeeding and other available classes.



Your next visit

**ALWAYS
BRING YOUR
PURPLE BOOK
AND
PREGNANCY
PASSPORT
TO EVERY VISIT**

Activities or traditions you remember from your childhood that you would like to continue in your family:

Think about what your baby will look like. Write your thoughts here:

Questions for my next visit:
