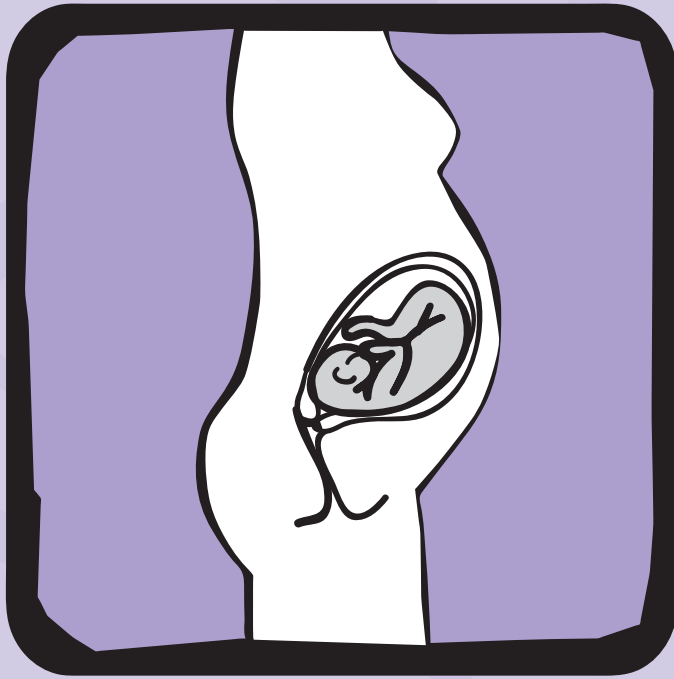


32 Week Visit Prenatal Information Sheet



Goal: Prepare for your baby's arrival

Prenatal Information Sheet: 32 Week Visit

Goal: Prepare for your baby's arrival

Your baby's growth

- Your baby weighs almost four pounds, and the length is 18-19 inches!
- Organ systems are now adequately developed.
- Most likely, your baby is in the "head down" position so you may feel most of his/her kicks and jabs under your ribs.
- If your baby is in the breech or "butt down" or transverse (sideways) position you may feel the movements in different areas.



Your baby's growth

Your body's changes

- The top of your uterus is about four to five inches above your belly button by now.
- You may also notice that your back and pelvic area may feel different. The bones in your pelvis are moving and shifting to make room for the baby's head to pass through.
- As this happens, the ligaments around the pelvis also stretch, which can cause some discomfort in the hip joints, back, and front of the pelvis.



Your body's changes

Your family's changes

- You and your partner may become more anxious as the "big day" approaches.
- You may become more irritable and find that this can put a strain on your relationship.
- You'll probably find that it is harder to do all the things that you are used to doing, such as sleeping and moving quickly. When possible, schedule rest periods and avoid quick movements.
- Make sure you have a plan for getting to the hospital no matter when you need to go! This plan needs to include transportation, child and pet care options, and phone numbers.



Your family's changes

Your thoughts and feelings

- You may still feel somewhat emotional at times. You may feel increasingly fatigued which will impact how you respond to the people around you.
- Signs of pregnancy-related depression may include: loss of interest in activities you enjoy, feelings of guilt or hopelessness, changes in appetite or sleep patterns, or thoughts of harming yourself or others. If you experience any of these symptoms, please contact your provider immediately.
- 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 provider or Labor and Delivery!
- Bright red bleeding or gush of fluid from the vagina
- The baby is not moving as much as you expect
- Four or more painful cramping contractions within an hour (after resting and emptying bladder)
- Severe nausea and vomiting
 - Inability to keep fluids down
 - Producing a 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 (not related to baby movement)
- Fever at or over 100.4° F or 38° C



Today's visit

Today's visit

- We will measure your uterine growth, blood pressure, and weight, listen to your baby's heart rate, check your baby's position, review the fetal movement record, and discuss any concerns/questions you may have.
- Check for preterm labor.
- Discuss birth control options for after you deliver.
- Receive a domestic abuse screening.
- Sign up for classes such as Breastfeeding, Childbirth, Labor and Delivery, Postpartum and Newborn tour if not done yet.



Your weight

Your weight and nutrition

- Continue to monitor/record your weight gain.
- Pregnancy increases your requirements for iron, calcium, folate, protein, and water.
- Make sure to read food labels carefully.
- Try to limit simple sugars (honey, maple syrup, white, and brown sugars).

My weight: _____

Total weight change: _____








Your exercise

Your exercise routine

- You can continue to exercise right up to delivery and this may even help the delivery go more easily. Discuss your exercise routine with your provider.
- Don't exercise on an empty stomach and make sure you replace any fluids lost during exercise.
- Avoid exercising in very hot and/or humid weather.
- You may need to modify the intensity of your exercise routine according to your symptoms. Now is not the time to exercise to exhaustion or fatigue.

Reference:
Prenatal
Fitness and
Exercise

	<p>Breastfeeding - a great start</p> <ul style="list-style-type: none"> • The American Academy of Pediatrics, the American Academy of Family Practice and many other professional organizations recommend breastfeeding for the first 12 months, but any amount of breastfeeding is beneficial to your baby. • If you have any doubts or concerns about breastfeeding, let your provider know. We have many excellent resources to help you feel more comfortable and confident with breastfeeding. 	 <p>Consider breastfeeding</p>
<p>Fetal heart rate:</p> <p>_____</p>	<p>Fetal heart rate</p> <ul style="list-style-type: none"> • This measurement will be done at each visit to monitor your baby's well-being. 	 <p>Fetal heart rate</p>
<p>Fundal height:</p> <p>_____</p>	<p>Fundal height</p> <ul style="list-style-type: none"> • The top of your uterus is 32 cm above your pubic bone or four to five inches above your belly button. 	 <p>Fundal height</p>
<p>Fetal Movement Count:</p> <p>_____</p>	<p>Fetal movement count</p> <ul style="list-style-type: none"> • Review fetal movement count record. 	 <p>Fetal movement count</p>
	<p>Family planning</p> <ul style="list-style-type: none"> • Even though it may seem early to discuss birth control when you are still pregnant, now is an excellent time to plan for what you and your partner will use for birth control after baby arrives. • You can get pregnant the first time you have sexual intercourse following delivery. Prior to discharge from the hospital, your provider will discuss birth control with you. See Family Planning in Resource Section. • Talk with your provider about plans for your next pregnancy. 	 <p>Family planning</p>



Preparing for baby's arrival

Preparing for baby's arrival

- Most women go through the “nesting” phase a week or two before delivery. You’ll probably clean everything in sight, so take it as a blessing in disguise.
- Plan, cook, and freeze some meals ahead of time. Keep a stock of basic staples, so you won’t have to go to the store for basic food items.
- If friends offer to help, suggest that they cook a meal or two for you and your family.
- Baby’s living area: Whether the baby has his or her own room, or is sharing a room with a sibling or with you, be sure that the area is clean and safe. Wash your baby’s new sheets, blankets, and clothes in a mild detergent (or, if your machine has this feature, run them through an extra rinse) before you bring the baby home.
- After the baby comes home, you will have many new duties, a lot less sleep, and a lot less energy. So, our best advice, plan ahead.



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.
- 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 the “baby rolling up in a ball”
 - Abdominal cramping (may 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.

Preterm labor

• If you experience any of the above symptoms you should:

- 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 intercourse).

Weight
today:

Summary of visit

Date of next visit: _____

Date for lab work/other medical tests:



Summary of visit

ALWAYS
BRING YOUR
PURPLE BOOK
AND
PREGNANCY
PASSPORT
TO EVERY
VISIT

Your next visit

At your 36 week visit we will:

- Measure your uterine growth, blood pressure, weight, listen to the baby's heart rate, check your baby's position, review the fetal movement record, and discuss concerns/questions you may have.
- Discuss any specific desires you have for your labor and delivery. See Birth Plan in Resource Section.
- Do a Group B Streptococcus (GBS) test.



Your next visit

Right now, I am concerned/worried about:

My spouse/partner is concerned/worried about:

Preparation for labor:

Who will be in the labor/birth room with you?

Questions/concerns since taking classes:

Plan for pain relief during labor:

I am planning to use _____ method of family planning to prevent/delay another pregnancy.

Questions for my next visit:
