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Third Trimester (36 weeks until birth)

What will happen at this appointment?

The MA will obtain your weight and BP. Your urine sample will be checked for protein and glucose. The MA will check the baby's heart rate. The doctor will discuss any questions you may have. The doctor will perform an exam for Group B Strep. This is a vaginal/anal swab.

If you are not scheduled for a cesarean, your cervix will be checked for dilation.

How should I feel at this time?

The last several weeks of pregnancy can be very tiring. Most ladies report increased fatigue, hip and lower back discomfort and difficulty sleeping or getting comfortable. Many ladies also report increased heartburn as well. These are very common symptoms at this time.

What should I expect before the next appointment?

In general, the baby gets larger; your belly gets larger and movements continue. Braxton-Hicks contractions may happen at this time.

When should I call?

You should call if you have any of the following:

- You have any vaginal bleeding/spotting
- Your water breaks
- Your baby is not moving well

For contractions, please follow the 5 - 1 - 1 rule. Your contractions should be coming every 5 min apart with each one lasting approximately 1 minute. This should be going on for 1 hour. Also, in general, they should be painful to the point where you cannot walk or talk.

How can I contact the doctor?

We have found that the answers to most questions can be found on our website www.obgynmaryland.com. If you still need to talk to the doctor, please call:

- During regular office hours: 301.424.3444 or 301.593.3395
- During nights and weekends (emergencies only): 301.424.3444 or 301.593.3395 or 888.289.7170

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