

Third Trimester (28 - 36 weeks)

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 also check the baby's heart rate. The doctor will discuss any questions or problems you may have. On the appointment after the glucose test, the doctor will review the result with you.

If your blood type is Rh negative, the doctor will discuss the Rhogam injection.

You will be offered the Tdap vaccine (see attached forms). Depending on the time of year, you may also be offered the seasonal flu vaccine and RSV vaccine.

How should I be feeling at this time?

Most ladies feel well, but in the third trimester, some nausea and fatigue may return. Some vomiting occasionally may also return. Most ladies report an increase in pressure in the lower pelvic / vaginal area. These symptoms are very common.

When is my next sonogram?

In general, if your 20 weeks sonogram was normal and you have no medical problems, we will repeat another sonogram at around 32 weeks to check the estimated fetal weight.

When is my next appointment?

In general, your next appointment will be in 2 weeks.

What should I expect before the next appointment?

Your belly should get larger

Your baby should get bigger

Your baby's movements should get stronger.

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

You start having contractions 4 times per hour

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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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?

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