

What to Expect The Last Weeks of Pregnancy

You may have noticed it has been quite a while since you have seen your toes. Yes, those sleepless nights, frequent potty stops and “I just can’t find a comfortable position” complaints are normal. To help make your last weeks as pleasant as possible, here are a few suggestions.

Realize and admit your limits. If you are tired, lay down. Listen to your body; it offers good advice. Drink plenty of water. Avoid too much caffeinated or diet sodas, processed food, pizza, Chinese food, etc. They contain salt which may result in water retention and swelling. Wear comfortable clothes. Flat shoes will lessen the strain on your lower back. Many women find support garments helpful also. Pillows, pillows and more pillows!

How Do I Know If I am Really In Labor?

You can contact us any time of day at 480-355-8525. If it is after office hours the answering service will get in touch with us.

After 36 weeks of pregnancy we do not try to stop a woman from having her baby early. That means you only need to call us when you are ready to go to the hospital. Call us when:

- You are having contractions every 5 minutes for an hour
- You think your water might have broken, even if just a little!
- You are bleeding.
- Passing some mucous or the mucous plug is normal. We do not need to know this.
- The baby is not moving. The baby may not be as active, but he or she should move throughout the day.

Pay attention to your baby’s movements. That is your baby’s way of telling us that he or she is doing fine. Choose an hour during the day when your baby normally moves a lot—after the evening meal for example. Count for one hour. If the baby moves at least 4 times in that hour, it is reassuring. If the baby does not move that many times, count for another hour. If the baby still doesn’t move 4 times in the second hour, you will need additional testing. Please call or come in to the hospital.

Call the Doctor if You Experience Any of the Signs of Pre-Eclampsia

- A strong headache that will not go away, especially if you see “spots in front of your eyes.”
- Vomiting, upper abdominal pain, flu-like symptoms without fever.
- Swelling of the hands and face. Swelling of the ankles is usually harmless.
- If something unusual is happening, please do not hesitate to call us.

If you have a history of rapid labors, talk to us in the office about when to call.

The Pediatrician

If you do not have one yet, it is time to choose one. Your baby will be discharged to go home by your pediatrician.

Having a Baby is a Sacred Time

If you are a member of a faith, you may want to ask your Priest, Minister, Rabbi, Mullah, etc., to visit you in the hospital. Nobody will come automatically.