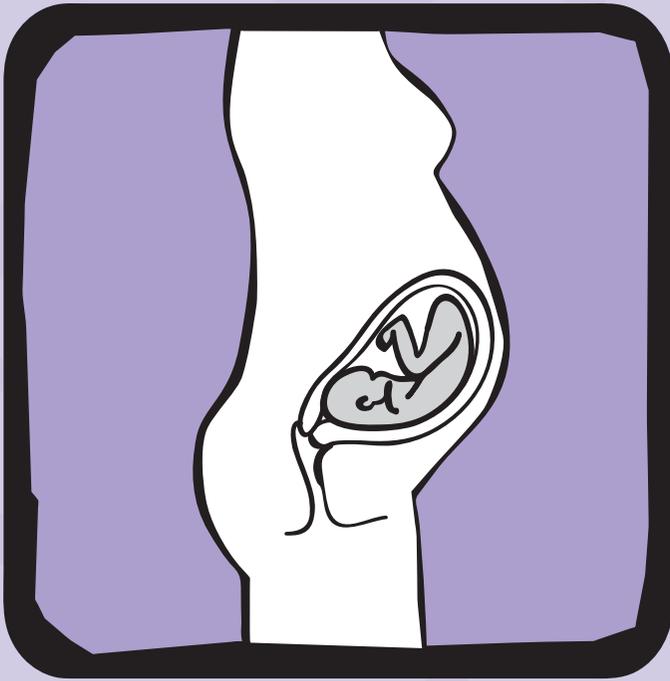


28 Week Visit Prenatal Information Sheet

28 Week Visit



Goal: Monitor baby and your progress and
learn to count fetal movements

Prenatal Information Sheet: 28 Week Visit

Goal: Monitor baby and your progress and learn to count fetal movements

Your baby's growth

- Your baby's weight has probably doubled since your last visit! Your baby weighs about 2.5 lbs and is about 10 inches long.
- The baby starts to lose the lanugo (fine hair), especially from the face. The baby has a large amount of cheesy-like substance (vernix) covering the body that protects the skin while the baby is living in the amniotic fluid. This vernix decreases on the skin as the baby grows.
- Your baby's eyebrows and eyelashes may be present now.
- The brain tissue also increases during this time.
- Now that you are 28 weeks, you should be feeling your baby move (kicks, rolls, twists, turns, and jabs) on a regular basis.



Your baby's growth

Your body's changes

- You've probably gained about 18 pounds.
- You may also start experiencing some swelling, and/or numbness or pain in your hands and wrists (Carpal Tunnel Syndrome). Avoid sleeping on your hands or bending your wrists for long periods of time. Discuss persistent pain, numbness or weakness with your provider.



Your body's changes

Your family's changes

- Everyone needs help with child care whether on a full, part-time, or occasional basis. Consider your needs.
- Active duty moms should be prepared to list their child care providers upon return to work/duty.
- If you will be returning to work after baby's birth, now is the time to explore the various child care options in your community.



Your family's changes

Your thoughts and feelings

- Stress may begin to surface. If it seems uncontrollable, talk to your provider about this.
- Remember to give yourself a break! You may need to adjust the expectations you have for yourself at this time. Focus on what is important to you and your family. Sometimes going for a walk or doing something you enjoy will help you prioritize what is important or help you relax.
- About 15% of women experience depression during pregnancy or after delivery. Discuss any concerns with your provider.
- 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 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 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, and discuss any concerns or questions you may have.
- Check for preterm labor.
- Review signs of preterm and what to do if they occur.
- You will receive blood test for gestational diabetes.
- You will learn how to do Fetal Movement Counts.
- Discuss Domestic Abuse.
- Discuss and be screened for depression in pregnancy.
- If you are Rh negative, you will have an additional blood test before receiving RhoGAM® injection.
- Register for Breastfeeding class, Childbirth classes and Labor & Delivery tour.
- Fill out the EPDS form in the Resource Section for this visit.



Your weight

Your weight and nutrition

- Try to eat a variety of foods.
- If needed, extra nutrients such as iron, vitamins B-6 and B-12, and calcium may be prescribed.
- Record your weight on the weight chart in the Resource Section.
- For further information see Nutrition in Resource section.

Your weight:

Your total weight change:

<p>Reference: Prenatal Fitness and Exercise</p>	<p>Your exercise routine</p> <ul style="list-style-type: none"> • Now that your uterus is getting larger, you need to avoid exercises that require a lot of balance, to prevent a fall. • Make sure the calories you eat are nutritious for both you and your baby and that you stay well hydrated. 	 <p>Your exercise</p>
	<p>Breastfeeding - a great start</p> <ul style="list-style-type: none"> • Classes on breastfeeding will: <ul style="list-style-type: none"> – Help answer many questions – Give you confidence in your ability to breast-feed – Introduce you to other breastfeeding moms – Reassure you that what you are doing is best for both you, your baby and your family 	 <p>Consider breastfeeding</p>
	<p>Domestic abuse</p> <ul style="list-style-type: none"> • Domestic abuse often increases during pregnancy. Please do not hesitate to seek help from your healthcare provider, counselor or a close friend if you are experiencing physical, sexual, emotional, or verbal abuse from anyone. • Let your provider know if within the last year, or since you have been pregnant, you have been hit, slapped, kicked, otherwise physically hurt, or forced to have sexual activities by anyone. • National Domestic Abuse Hotline: 1-800-799-7233 	 <p>Domestic abuse screen</p>
<p>Fetal heart rate: _____</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>Fundal height</p> <ul style="list-style-type: none"> • The top of your uterus measures about 28 cm from your pubic bone. 	 <p>Fundal height</p>



Your blood pressure

Your blood pressure

My BP: _____

- Blood pressure is measured at every prenatal visit. High blood pressure can cause serious complications for baby and mother if left unchecked.



Fetal movement count

Fetal movement count

Fetal Movement Count _____

- One very reassuring way to determine the baby's overall health and wellness is to record your baby's movements daily.
- By now, you probably know when your baby is most active. This may be before or after a meal, early in the morning, or at night when you go to bed. Each baby is unique.
- You should count your baby's movements whenever he or she is most active. This count should occur about the same time each day. After 10 times, you can stop counting for the day. You will need to record the time it takes for your baby to move 10 times. See Fetal Movement Counting Chart in Resource Section.
- You should be able to feel at least 10 movements within two hours.
- If you do not get 10 movements within two hours, you should call or go to Labor & Delivery immediately with your baby's movement chart. **Don't wait until the next day or next appointment.**



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 healthcare 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 also have diarrhea)
 - Increased uterine activity compared to previous patterns

Preterm labor

- 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 3-4 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 intercourse).



Preterm labor guidelines

Gestational Diabetes (GD) testing

High blood sugar puts your baby at risk for complications.

- High blood sugar usually develops towards the middle of your pregnancy.
- Risk factors include: being over age 25, overweight, family history of diabetes, ethnic background (Hispanic, African American, Native American, Asian), previous delivery of a baby weighing over nine pounds.
- This test will determine if you have a normal response to a sugar load (glucola).
- If your blood sugar levels are high, further testing will be ordered.
- Often this condition can be controlled through special diet.



Gestational Diabetes (GD) testing

Rh (D) negative (Anti-D) prophylaxis

- Earlier in your pregnancy, you had a test to identify your Rh (D) status.
- Rh (D) negative women will have an additional blood test (antibody screen) and will usually receive a RhoGAM® injection at this appointment.
- This injection will be repeated after delivery if baby is Rh positive.



Rh prophylaxis

 <p>Summary of visit</p>	<p>Summary of visit</p> <p>Date of next visit: _____</p> <p>Date for lab work/other medical tests: _____</p> <p>Date of Breastfeeding Class: _____</p> <p>Date of Childbirth Class: _____</p> <p>Date of Other Classes: _____</p>	
 <p>Your next visit</p>	<p>Your next visit</p> <p>At your 32 week visit we will:</p> <ul style="list-style-type: none"> • Measure your uterine growth, blood pressure, weight, listen to your baby’s heart rate, review fetal movement record, and discuss any concerns/questions you may have. • You will sign up for classes (if not done already). • You will review preterm labor signs. 	<p>ALWAYS BRING YOUR PURPLE BOOK AND PREGNANCY PASSPORT TO EVERY VISIT</p>

Review the goals you noted for yourself early in your pregnancy. Is there something you need to do to meet your goals? What?

Differences I have noticed recently:

How has the pregnancy effected your family/relationships?

Other things I need to do/get ready in the next four weeks:

Questions for my next visit:
