

Pregnancy Information Packet

THIRD TRIMESTER

Making people whole

BELLA HEALTH + WELLNESS
2021



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health + wellness

Bella Health + Wellness

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Packet Information

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Congratulations on making it to the third trimester!

We are with you every step of the way.

You're so close! Our staff has nearly 100 years of combined experience caring for women! We are excited to do everything we can to make your experience with us as pleasant as possible, utilizing a combination of state-of-the-art equipment, modern techniques, natural approaches and old-fashioned concern for your well-being. Please let us know how we can best care for you!

This packet outlines everything you need in order to know what to expect during the remainder of your pregnancy. If you have further questions, our team is happy to help.

OFFICE HOURS

Monday-Friday 7:30 a.m.–5 p.m.

We are closed for lunch from 12:30–1:30 p.m. during the week.

EMERGENCIES AND URGENT PROBLEMS

For urgent needs after hours, an on-call Nurse Practitioner is available. Call us at 303-789-4968 and follow the prompts.

If you have a true emergency, go directly to the Emergency Room or call 911.

Baby Movement

Most women begin to notice their baby moving around 20 weeks. At about 24 weeks, a baby will begin to have more regular and consistent movements. By 26 weeks, a woman should be able to do “Kick Counts.”

- **When:** During your baby’s active times of the day (after eating or drinking something cold, after a walk, while you are feeling contractions). It is good to do kick counts every day or if you are concerned that you have not felt your baby move.
- **How:** Sit down, put your feet up, or lie down on your left side. Place your hands on your belly and begin counting each time your baby gives you a nudge, kick or movement. Record the number of times your baby moves in a 60-minute period of time.
- **Why:** Baby movement gives insight into life on the inside. A baby should move 5-10 times in 1-2 hours. If your baby is not moving this much or if it is moving less than normal for you, this may indicate something is going on.

Please call if you are ever concerned about how much the baby is moving or if your baby is not moving.

Preterm Labor

WHAT IS PRETERM?

Delivery that occurs before the 37th week of pregnancy is considered a preterm birth.

WHAT IS PRETERM LABOR?

Labor is a process where the uterus contracts or tightens in a regular pattern and causes the cervix (or the opening of the uterus) to open. Labor is diagnosed when both uterine contractions **and** cervical change occurs. Preterm labor occurs before the 37th week of pregnancy.

WHAT CAUSES PRETERM LABOR?

The cause is not completely understood. Some situations are associated with preterm labor and may increase your risk for early delivery. Common factors are carrying twins or triplets or having a history of delivering a baby preterm in the past.

WHAT ARE THE WARNING SIGNS OF PRETERM LABOR?

- **Uterine contractions:** Four or more in one hour. The abdomen feels tight, but they may be painless or just uncomfortable.
- **Menstrual-like cramps:** Felt low in the abdomen, near the pubic bone. They may be constant or come and go.
- **Low, dull backache:** Lower back pain that may radiate to the sides or the front. This might be constant or rhythmic. It may or may not be relieved with position change.
- **Pelvic pressure:** Pressure or heaviness in the lower abdomen, back or thighs. It may feel like the baby is pushing down or “falling out.”
- **Intestinal cramps:** These may feel like “gas pains” and may or may not come with diarrhea.
- **Increase or change in vaginal discharge:** May become pink- or brown-tinged, and it may be mucous-y or watery.
- **A general feeling that something is “not right.”**

WHAT DO YOU DO IF YOU THINK YOU HAVE PRETERM LABOR?

- Go to the bathroom and empty your bladder.
- Lie on your side and drink 3-4 cups of water.
- While you are lying down, feel for contractions.
- If contractions are less than 10 minutes apart, call the doctor right away!
- If the contractions space out but are 15 minutes apart or closer after one hour of rest and fluids, call the doctor.

CALL THE DOCTOR RIGHT AWAY IF YOU HAVE:

- **A leak or gush of fluid from your vagina**
- **Any bleeding from your vagina**
- **Decreased or absent movements of the baby**
- **A hard abdomen that never gets soft**
- **Severe stomach pain that does not go away even with position change**

High Blood Pressure in Pregnancy

“Pregnancy Induced Hypertension” (PIH)

“Pre-eclampsia”

“Toxemia”

All of these refer to the same medical complication that can occur during some pregnancies. When this does happen, it can become very serious and even life threatening to both you and your baby.

The exact cause of this disease is still not known. We do know that drinking plenty of water and eating plenty of protein-rich foods every day can help.

Pre-eclampsia causes your blood pressure to go up, it can cause you to have protein in your urine, and it can cause your hands, face and feet to swell. In some cases, it can cause a baby to not grow as well as it should during your pregnancy. It usually occurs in the last trimester of pregnancy—after 28 weeks. If pre-eclampsia or high blood pressure is found in its early stages, it is possible to intervene early as well. For this reason, it is important to watch for signs and symptoms and let us know if you are experiencing any of the following symptoms:

- **Sudden weight gain:** Experiencing a five-pound weight gain overnight or in 1-2 days. Swelling of your hands (you notice rings no longer fit) or face. Remember that some swelling—especially of your ankles—is normal in many pregnancies.
- **Changes in your vision:** Blurry vision, seeing spots before your eyes, or flashes of light that do not clear quickly with rest are vision changes.
- **Headaches:** Headaches are often normal in pregnancy. However, pain in the area of your forehead which does not go away with rest, fluids, and Tylenol after one hour may be a concern.
- **Pain in your right side:** May occur under your ribs or between your breasts (like heartburn but does not go away with antacids). Sometimes it can wrap around the right side and into your upper back.
- **Decreased fetal movement:** Your baby is moving less than it usually does, even after a snack and drinking some water or juice.

Am I in Labor?

37 weeks and beyond . . .

WHAT IS LABOR?

Labor is the work that your body does to birth your baby. Your uterus contracts and your cervix opens. True labor is defined as contractions that cause cervical change.

WHAT DO CONTRACTIONS FEEL LIKE?

When contractions first start, they may feel like the kind of cramps that you get when your period is starting. Sometimes you may also feel pain in your back. Contractions mostly feel like muscles pulling painfully in your lower belly. Often, contractions will start about every 15-20 minutes apart. They may not be very painful. As labor goes on, the contractions will get stronger and closer together. They will also become more painful.

HOW DO I TIME CONTRACTIONS?

Time your contractions by counting the number of minutes from the start of one contraction to the start of the next contraction.

WHAT SHOULD I DO WHEN THE CONTRACTIONS START?

Carry on. If it is nighttime and you can sleep, then sleep. If it is during the day try some of the following:

- **Walk.** If the pains that you are having are real labor, than walking will make the contractions come faster and stronger. If the contractions are not “real labor” and are not going to continue, walking will make them slow down.
- **Take a bath or shower.** This will help you to relax
- **Eat.** Labor is a big event! You need your energy.
- **Drink water.** Dehydration can cause false labor (contractions that hurt but that do not open your cervix). If it is true labor, water will help you to have strength through your labor.
- **Nap.** Get all the rest you can.
- **Get a massage.** This may help your lower back as well as provide relaxation.
- **Don't Panic!** Your body was made for this. You are strong and you can do this!

Is it Time?

WHEN SHOULD I CALL THE OFFICE OR GO TO THE HOSPITAL?

- 5-1-1: Your contractions are coming every 5 minutes, lasting 1 minute each, for 1 hour.
- Your contractions are so painful that you cannot walk or talk through them.
- Your bag of water breaks. This may be a constant trickle or a big gush. (Please make note of the time this happens and the color of the fluid.)

ARE THERE OTHER REASONS TO CALL MY PROVIDER?

Yes. If you start bleeding like a period, if blood soaks your underwear or runs down your legs, if you have sudden severe pain, if your baby is not moving or if you are concerned about something... PLEASE CALL.

What do I do?

Call us! 303-789-4968

Our nurse practitioners are on call 24 hours a day, 7 days per week, for your questions and to help determine if you are in labor or if you need to be evaluated. Please call if you are worried.

Our nurse practitioners will be in touch with the delivering provider and the hospital to let them know of your situation.

Hospital Bag Checklist

For you:

- ✓ Loose fitting nightgown or pajamas
- ✓ T-shirts and sweatpants
- ✓ Nursing bra
- ✓ Several pairs of underwear
- ✓ Socks
- ✓ Robe
- ✓ Toiletries: soap, shampoo, toothbrush, etc.
- ✓ Hairbrush and styling equipment
- ✓ Loose fitting maternity clothes to wear home

For baby:

- ✓ Clothes to wear home including undershirt, cap, and socks
- ✓ A warm blanket
- ✓ Car seat properly installed

A few other things you may want:

- ✓ Pillow
- ✓ Camera
- ✓ Lotion
- ✓ Music
- ✓ Cell phone and charger
- ✓ A list of Phone numbers for people you will want to call after baby is born
- ✓ Makeup
- ✓ Books, movies, or magazines

Birth Plan

Name _____ Due Date _____

Support Person's Name _____

Support Person's relation to you _____ Phone number _____

The people I want at my birth are: _____

The support I want during labor is:

- Help with breathing and contractions*
- Relaxing massage*
- Help with moving around*
- _____
- _____

The positions I hope to use during labor are:

- Lying down*
- Sitting*
- Standing*
- Squatting*
- Birthing Ball*
- _____

The way I hope to manage my pain during labor is: _____

The person I want to cut the umbilical cord is: _____

The way I plan to feed my baby is: _____

- I would like to speak with the lactation nurse after birth*

If my baby is a boy, circumcision:

- Will be done by* _____
- Will not be done*

My pediatrician is: _____

My biggest hope is: _____

My biggest fear is: _____

IMPORTANT CONTACT INFO

B E L L A health + wellness

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