



## 28 weeks

Congratulations! You are in your third trimester. Lots of changes are happening. Your baby is growing at a rapid rate and you should be feeling lots of movement. Most people tell us they feel baby move at night when they are trying to sleep. This is very normal. You've been moving all day and now it's their turn.

It's time to start **Alfalfa 650mg** twice daily with meals. This will help prevent excess bleeding after you have your baby.

IF you are not already, please drink at least one cup a day of **red raspberry leaf tea**. This is to strengthen the uterus and helps prevent excess bleeding after you have your baby.

You will need to set up **childbirth education**. Some classes range from 4 weeks to 12 weeks. We offer HypnoBirthing The Mongan Method to our clients for a reduced price.

Please let us know where you are planning on attending these classes. If you are planning on placenta encapsulation, then it is time to get that going. Most encapsulators only do so many a month.

Common complaints for the third trimester:

- Lower back pain

- Suprapubic pain
- Heartburn
- Increase in vaginal secretions
- Swelling in feet and hands
- Urinary frequency
- Constipation
- Leg cramps
- Hemorrhoids
- Varicosities

If you go into your client portal there are many suggestions in dealing with these discomforts.

**You need to fill out your birth certificate information form in the portal in order for us to file your birth certificate.**

We will be doing your gestational diabetes screening at this visit, unless you have opted out of this testing. We will still need a CBC to look at your iron levels and platelets. We may suggest a hemoglobin A1c if you are opting out of gestational diabetes screening to look at glucose levels over a three-month period of time.

### **Vitamin K**

We will be offering your baby a vitamin K injection approximately 2 hours after you have your baby. Vitamin K is a clotting factor given to babies to prevent late vitamin K deficiency bleeding (LVKD). Between 8-9 babies out of 100,000 will have LVKD. This only happens in populations who exclusively breast feeds and decline a vitamin K treatment. We recommend reading about vitamin K at Evidenced Based Birth so you can make an informed decision about administering the vitamin to your baby.

## **Antibiotic**

We will offer your baby erythromycin eye ointment for the prevention of blindness in babies where mothers may have gonorrhea. The state of Texas has mandated that we offer you this, however, you are not mandated to accept. The laws were enacted because it is impossible to decide who does or does not have gonorrhea. Both the method of obtaining a culture and failure to incubate the culture immediately (lack of facilities) result in many false negatives (the mother has gonorrhea, but it does not show up on the culture). Since gonorrhea can be contracted at any time by the pregnant woman or her partner before delivery, a negative test may not be final. If you decline antibiotics or vitamin K we will have you sign a waiver.

## **Cord blood banking**

If you are thinking about cord blood banking, now is the time to get that in order. You will need to contact a company to make arrangements. They will give you a collection kit. We will collect cord blood soon after baby is born. You will not be able to have delayed cord clamping if you do cord blood banking. The most we can wait is one minute prior to clamping and cutting the umbilical cord.

## **Perineal Health**

One concern of many mothers-to-be is how they can prepare their bodies for labor and birth, especially how to avoid a tear or an episiotomy. One of the most important factors is having a healthy diet. Eating a diet rich in fruits, vegetables, and fish helps to ensure good tissue integrity. Being a non-smoker also greatly helps to increase oxygenation for your tissues. Prenatal perineal massage and kegel exercises can also assist in preparing your perineum for birth by

increasing flexibility, elasticity, and tone as well as your mental connection to that part of your body.

Another factor is having a clear understanding of how your care provider “manages” crowning of the baby’s head at birth. Your midwife and birth assistant will help you through this process by guiding you in how to breathe to ease your baby out. Gentle massage and counter pressure with crowning are also sometimes helpful.

You may have heard from friends, doctors or books that an episiotomy is better than a tear. This is simply not true. If you have a tear it is usually much more superficial than an episiotomy and provides a “ragged edge” as opposed to a “clean cut”. This signals your bodies healing process to respond sooner and to function more effectively, therefore healing takes place faster and better. Episiotomies are rarely performed by midwives and are only done in some cases of fetal distress or where there is a need to have the baby be born more quickly. Have faith in your body’s ability to stretch and respond to the natural process of birthing a baby.

### **Sex During Pregnancy**

Enjoyment of sex during pregnancy is a healthy, satisfying part of a couple’s total relationship. Varying hormonal levels during pregnancy can cause an increase or decrease in female sexual desire. Be honest about what you are feeling with your partner and keep the lines of communication open. As a woman’s belly enlarges with the pregnancy, it may be necessary to experiment with different positions. Any position that is comfortable is a safe one. Female orgasm during late pregnancy will cause uterine contractions (due to oxytocin release) that are harmless to the baby and will not cause premature labor. Be creative and enjoy your changing body.

The only sexual activity which has been documented as dangerous during pregnancy is blowing air into the vagina. This can cause part of the placenta to detach from the uterine wall and may result in an air embolism which can be fatal. If you have questions or concerns about sex during pregnancy please don't hesitate to discuss them with your midwife. We welcome your questions.

Sex during pregnancy is safe, except in the following cases when it should be avoided:

- After the membranes (bag of water) have released-there is an increased risk of infection. Baths, swimming and douches are also dangerous at this time.
- When bleeding or premature contractions occur. (more than four contractions in an hour-call your midwife.

## **Hearing Screen**

Most states are required by law to offer hearing screening test for every baby during the first few days after birth. This helps determine whether your baby can hear well. This test is easy and painless. If your baby does not pass this test at two weeks of age, a full hearing test will be done before your baby is 3 months old. Early diagnosis and treatment of hearing loss can prevent delays in your baby's ability to talk and learn words. We can perform this test for you at 2-weeks postpartum or 6-weeks postpartum. We charge \$85 for hearing screening.

## **Hereditary Metabolic Disorder Screening**

There are over 50 disorders that may be screened; this includes PKU, Thyroid, Galactosemia, and Cystic Fibrosis. A list of all disorders can be found at [www.dshs.state.tx.us/newborn/quickreference.shtm](http://www.dshs.state.tx.us/newborn/quickreference.shtm) The

Texas law makes Hereditary Metabolic Disorder Testing the responsibility of the health care provider or the institution in which the child is born. The Nurse-Midwife will give you and your pediatrician information concerning the proper procedure for this testing. The Nurse Midwife or designated RN will do the first test on your 2-4 day post-partum visit and the second test to be done at 2 weeks of age at the baby's pediatrician office. We charge \$85 for this test and can do both for you if you would like.