



Third Trimester Checklist 28 weeks to birth

Lots to talk about this Trimester!

- Pain control during labor
- Labor signs
- Group Beta Strep (Vaginal/Rectal swab 36-37 weeks)
- Flu Vaccine (recommended yearly starting in October)
- Postpartum Counseling/Birth Control Discussion
- Breast/Bottle Feeding Discussion
- FLMA paperwork
- Circumcision Discussion (if having a boy)
- Travel (No flying after 36 weeks)
- Newborn Education
- Choosing a Pediatrician or Family Practice Provider
- Order breast Pump (see details below)
- Whooping Cough Vaccine
- RSV Vaccine (During 32-36wks starting in September to January)

Common Concerns

Where do I get my breast pump?

~Order online through **Byram Healthcare**,

breastpumps@byramhealthcare.com, (509)534-4123

~You will enter in your insurance information and the website will pull up the different pump(s) that are covered under your insurance. Your request will not be processed unless you are within 30 days of your due date.

Premature Labor (Less than 37 weeks pregnant)

~Call the office if you experience more than 5 uterine contractions per hour, with or without diarrhea or low back pain that doesn't resolve after 1-2 hours with rest. Rest and drinking plenty of fluids may help in avoiding stress induced contractions.

Do I pre-register for my delivery at Kootenai Health?

~ There is no need to pre-register at Kootenai Health. If you are scheduled for a c-section or an induction, you will go to the registration department and register for your procedure.

~If you are in labor, proceed to Labor & Delivery and the registration department will either call you or come to your room to complete the registration process.

Hemorrhoids

~Can occur anytime during pregnancy. Avoid constipation by increasing fiber, prune juice, a handful of almonds a day, Miralax or Citrucel (powder form). You can use witch hazel, Preparation H, or Tucks Pads to help with the pain associated with hemorrhoids as well as to help reduce the size.

Mucus Plug

~A thick, brown or pink discharge from the vagina that commonly occurs anywhere from 2 weeks before birth or just before birth. It may or may not be associated with the onset of labor. Inform your provider at your next appointment if you feel like you are losing your mucus plug.

Fetal Kick Count

~Be aware of daily movement, especially in the third trimester. You should check movement 1-2 times daily. Normal kick counts differ from patient to patient, but generally 10 kicks in 2 hours should be expected. If you perceive a decrease: Contact our office or go to Labor and Delivery for monitoring of your baby.

When should you go to the hospital?

- When your contractions are stronger or more painful (and do not stop despite changing positions or activity level)
- And contractions are 5-6 minutes apart for more than an hour at full term, or every 15-20 minutes if over 37 weeks of gestation.
- And Contractions last 30-60 seconds, you may be in labor
- You need to go to the hospital, **if you have any doubts on whether you should go to the hospital, you should go to the hospital or contact our office.**
- **If you experience rupture of membranes.**
- **Note: Avoid bathtubs, swimming and intercourse if your water breaks**

Childbirth Classes

- Safestartnw.org
 - Childbirth class
 - Car Seat safety
 - Breastfeeding
 - Infant first aid/CPR
 - Infant sleep education

For Classes offered at Kootenai Health

To register please go to:

<https://www.signupgenius.com/go/10C0944ADAD23A2FBC61-family#/>

Labor and Delivery Tour at Kootenai Health

- Call 208-625-6891 to schedule tour
- Tours are every Sunday at 2pm
- Virtual tours are available at KH.org

Medications Safe in Pregnancy

If you are **past 12 weeks of pregnancy** and having any of the following symptoms, you may **sparingly** take the recommended medications:

Nasal Congestion (associated with a cold):

Only take for 3 days, if symptoms last longer consult your doctor.

- Sudafed PE
- Tavist (low drowsiness, avoid long term use)
- Benadryl (helps you sleep, avoid long term use)
- Tylenol Cold and Head Congestion Severe
- Mucinex Fast Max Severe Congestion and Cough
- Saline Nasal Spray

Headaches and Fever:

- Tylenol (325 mg) or acetaminophen (**NO ASPIRIN OR IBUPROFEN UNLESS APPROVED BY YOUR PROVIDER**)
- Caffeine may help in small doses <200mg

Cough:

- Robitussin DM Cough Syrup
- Mucinex DM (**not maximum strength**)

Sore Throat:

- Over the counter throat lozenges
- Try gargling with salt water

Flu:

- Tylenol Cold for aches, fever and headaches

Diarrhea:

- Imodium- Only if needed, try to let the diarrhea run its course. Contact our office if you have questions on this.
- Call or send a portal message if it lasts for more than 3 days and make sure to drink lots of fluids (Remember: In pregnancy you need to drink the suggested amount of water a day, based on your pre-pregnancy weight calculations)

Nausea:

- Vitamin B-6, 25 mg. Take ½ tablet every 6 hours or four times a day as needed.

- Unisom 25 mg, Take ½ tablet (12.5 mg) every 6 hours or at bedtime. (may make you very sleepy)

Heartburn:

- Tums/Roloids
- Maalox
- Mylanta
- Pepcid
- Prilosec (over the counter)
- *Avoid PeptoBismol*

Allergies:

- Claritin (over the counter)
- Benadryl
- Zyrtec

Sleep Aid:

- Tylenol PM
- Benadryl
- Unisom

Hemorrhoids:

- Preparation H

Constipation:

- Increase fiber and fluid intake
- Colace 50 mg (stool softener)
- Prune Juice
- If constipation continues, please call or send portal message

~Always avoid any medication with ibuprofen in pregnancy unless it has been approved by your provider. If you have any questions regarding other medications and how safe they are in pregnancy, you should discuss it with your provider.

~In general, you want to only take medication for the symptoms you are experiencing. Avoid cold and flu combinations that cover a lot. For example, if you are having sinus congestion, try to only take medication related to this.