Pregnancy - Third Trimester

The third trimester begins at the 28th week of pregnancy and ends at birth. It is important to follow your doctor's instructions.

HOME CARE

- Keep your doctor's appointments.
- **Do not** smoke.
- **Do not** drink alcohol or use drugs.
- Only take medicine the doctor tells you to take.
- Take prenatal vitamins as directed. The vitamin should contain 1 milligram of folic acid.
- Exercise.
- Eat healthy foods. Eat regular, well-balanced meals.
- You can have sex (*intercourse*) if there are no other problems with the pregnancy.
- **Do not** use hot tubs, steam rooms, or saunas.
- Wear a seat belt while driving.
- Avoid raw meat, uncooked cheese, and litter boxes and soil used by cats.
- Rest with your legs raised (*elevated*).
- Make a list of emergency phone numbers. Keep this list with you.
- Arrange for help when you come back home after delivering the baby.
- Make a trial run to the hospital.
- Take prenatal classes.
- Prepare the baby's nursery.
- **Do not** travel out of the city. If you absolutely have to, get permission from your doctor first.
- Wear flat shoes. **Do not** wear high heels.

GET HELP IF:

- You have any concerns or worries during your pregnancy.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have not felt the baby move for more than 1 hour. If you think the baby is not moving as much as normal, eat something with sugar in it or lie down on your left side for an hour. The baby should move at least 4 to 5 times per hour.
- Fluid is coming from the vagina.
- Blood is coming from the vagina. Light spotting is common, especially after sex (*intercourse*).
- You have belly (*abdominal*) pain.
- You have a bad smelling fluid (*discharge*) coming from the vagina. The fluid changes from clear to white.
- You still feel sick to your stomach (*nauseous*).
- You throw up (*vomit*) more than 24 hours.
- You have the chills.
- You have shortness of breath.
- You have a burning feeling when you pee (*urinate*).
- You loose or gain more than 2 pounds (0.9 kilograms) of weight over a weeks time, or as suggested by your doctor.

- Your face, hands, feet, or legs get puffy (*swell*).
- You have a bad headache that will not go away.
- You start to have problems seeing (blurry or double vision).
- You fall, are in a car accident, or have any kind of trauma.
- There is mental or physical violence at home.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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