

Preparing for birth



Presents daily tips to help you get ready after 36 wks.

Evening Primrose Oil

1 by mouth, 1 vaginally twice a day.

°°Do not insert vaginally if you plan to have intercourse

°°Do not use if prev CS or TOLAC.

Nipple Stimulation

3x a day for 15 mins

Sumo Squats with Pulsations and "Twerking" (Large Hip Circles)

Spinning Babies Daily Activities

Can start as early as 28 wks



Raspberry Leaf Tea

3 cups per day

Date (Fruit)

6 per day

**Not for DM or GDM patients.

Walking the Stairs SIDEWAYS
Alternative to "Curb Walking"

Stretching



Sexual Intercourse

You need the semen, so lie there appx 30-45 mins post activity.

Membrane Sweeping

A complex vaginal exam started around 38-39 weeks.

