

3RD TRIMESTER

Weeks 26 - delivery



PRENATAL CARE

- Starting at 28 weeks, visits are every 2 weeks, then every week starting at 36 weeks.
- 3rd Trimester lab work, including diabetes screening at 28 weeks.
- TDAP vaccine recommended with every pregnancy in 3rd trimester.
- GBS screening at 36 weeks.



- Start thinking about pediatrician.
- Start thinking about/writing birth plan (if desired).
- Hydrate, Hydrate, Hydrate
- Add about 400 calories per day.

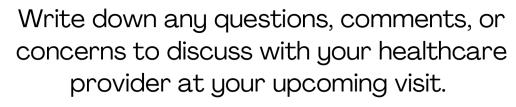
COMMON COMPLAINTS

- Braxton Hicks Contractions
- Fatigue
- Shortness of Breath
- Increase in vaginal discharge









TOTAL WEIGHT GAIN

UNDERWEIGHT BMI < 18.5

HEALTH WEIGHT GAIN 28 - 40 LBS NORMAL WEIGHT BMI 18.5 - 24.9

HEALTH WEIGHT GAIN 25 - 35 LBS OVERWEIGHT BMI 25 - 29.9

HEALTH WEIGHT GAIN
15 -25 LBS

OBESE BMI > 30

HEALTH WEIGHT GAIN
11-20 LBS



You are a MOM, not a SUPERHERO. Always ask for help when needed.