

# WHAT TO EXPECT WHEN EXPECTING

## 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.

### PREPARATION

- 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**

Write down any questions, comments, or concerns to discuss with your healthcare provider at your upcoming visit.

### 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.